

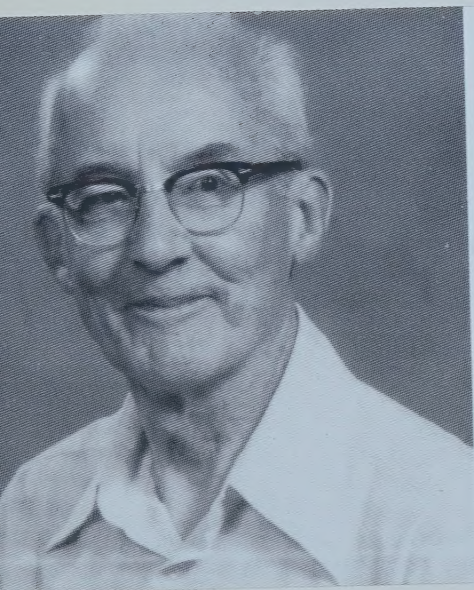
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HANDBOOK  
OF THE  
PHILOSOPHY  
AND  
PHENOMENA  
OF  
MEDIUMSHIP





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# DEFINITIONS ADOPTED BY THE NATIONAL SPIRITUALISTS' ASSOCIATION: DECLARATION OF PRINCIPLES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of nature, both physical and spiritual, are the expressions of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of spiritualism.
6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any human soul, here or hereafter.

## DEFINITIONS

1. Spiritualism is the Science, Philosophy and Religion of continuous life, based upon the demonstrated fact of communication by means of mediumship, with those who live in the Spirit World.
2. A Spiritualist is one who believes, as a part of his or her religion, in the communication between this and the Spirit World by means of mediumship, and who endeavors to mould his or her character and conduct in accordance with the highest teachings derived from such communion.
3. A medium is one whose organism is sensitive to vibrations from the Spirit World, and through whose instrumentality, intelligences in that world are able to convey messages and produce the phenomena of Spiritualism.



"Spiritualism Is a Science" because it investigates, analyzes and classifies facts and manifestations, demonstrated from the spirit side of life.

"Spiritualism Is a Philosophy" because it studies the laws of nature both on the seen and unseen sides of life and bases its conclusions upon present observed facts. It accepts statements of observed facts of past ages and conclusions drawn therefrom, when sustained by reason and by results of observed facts of the present day.

"Spiritualism Is a Religion" because it strives to understand and to comply with the Physical, Mental and Spiritual Laws of Nature, "which are the laws of God."

## INTRODUCTION

The object of this book is to provide the student with a pocket edition of all the essential facts concerning mediumship. To this end the book has been written in simple and concise form. Personal experiences and testimonies have been excluded. Hence, when expanded by personal observation and the interchange of ideas with other students sufficient material will be found in these few pages to cover a two years course of class study.

The student is advised to master the information given in Part II. This knowledge of the spiritual planes will enable him to explain anything in connection with mediumship or the character of any individual, and cause the student to grow spiritually.

With the exception of the Declaration of Principles and Definitions of the National Spiritualists' Association and the Biblical quotations, all of the information in this book has been received from the "guide" during twenty-five years of class work. Every statement made has been verified either by personal observation or experience. The medium has traveled in the astral up to 7:V, the limit to which mortals can ascend and verified the statements contained in Part II. The knowledge of the sixth and seventh planes was received through messengers and is given in a general sense only.



## CHAPTER ONE

### DEFINITIONS

*A Phase of Mediumship* is the name given to any phenomenon which requires certain definite physical, mental, and spiritual conditions for its production.

*Negative Mediumship* is the name given to mediumistic phenomena that are produced at the will of a spirit, at any time or place, whether desired by the individual or not.

*Positive Mediumship* is the name given to mediumistic phenomena that are produced *only* at the desire of the medium, all conditions being favorable.

A "*Circle*" is the name given to any group of people who have gathered together to witness, study or produce mediumistic phenomena.

A "*Band*" is the name given to the group of spirits that have gathered about any individual for the purpose of producing mediumistic phenomena.

The "*Guide*" is the leader of the "*Band*."

A "*Control*" is an assistant to the "*Guide*," and has a certain definite work to do; e.g. one "*Control*" will heal, another lecture, another give messages, etc.

A "*Helper*" is an assistant to the "*Control*."

The "*Doorkeeper*" is the spirit that determines what spirits, if any, may contact his medium.

*Physical Mediumship* is the name given to those phases of mediumship which can be perceived by *all* the members of a circle through their five physical senses; e.g. raps, materialization, trumpet, table tipping, etc.

Energy to produce the phenomena is drawn from the circle. This energy is vitalized by being passed through the medium. The spirit "guide" and his assistants then utilize this vitalized energy to produce the phenomena. The above explains why the quality and quantity of the physical manifestations are dependent solely upon the condition of those witnessing their production. One person out of harmony may stop all manifestations.

*Mental Mediumship* is the name given to those phases of mediumship through which the spirit can contact *certain* members of a circle through their mental senses; e.g. clairvoyance, clairsaidence, etc.

Mental mediumship depends solely upon the medium. The condition of the sitters is immaterial.

*Spiritual Mediumship* is the name given to those phases of mediumship through which the spirits can contact a *few* members of a circle through

(NOTE: The "*Doorkeeper*" may or may not be the "*Guide*.")

their spiritual senses; e.g. inspiration, illumination, etc.

Spiritual mediumship depends wholly upon the spiritual attitude of the individual.

The *Spirit* is the Ego, that indestructible principle of life that never dies.

The *Soul* is the covering of the spirit or that through which the spirit manifests while in a physical form. The soul creates and functions through every part of the physical body. To the mind it acts as the storehouse. To the body it is the creative force or energy. The soul is known by many terms such as, the subconscious mind, subliminal mind, etc.

The *Mind* is the connecting link between the soul and the physical body. In the physical it expresses itself through the physical brain. It manifests itself through the forty-two mental faculties, such as, hate, anger, reverence, love, etc., which in the physical are manifested through the emotions.

There are three *Wills*: the *soul will*, the creative force; the *will to live* and the *objective* or *positive will*.

The *Soul Will* is that innate creative energy that when positively awakened acts under the guidance of the soul force. This can be acted upon by a Spirit out of the body. When this will is awakened the individual may become instantly healed.



The *Will to Live* is that part of the soul energy that clings to the physical expression of life and it is this will when awakened that enables the individual to overcome great obstacles and to recover from serious illness. People who have this will well developed cling tenaciously to life.

The *Objective Will* or the will of the mind, is that positive determined mental attitude of the individual that at times will not listen to reason but asserts its positiveness.

*Magnetism* is that vital energy emanating from the physical body as seen in the vibrations of the aura in its various colors. These colors are determined by the rate of vibration. Magnetism is very essential in healing as it is a vitalized or life energy.

"*Spirit World*" in a general sense is the world of the departed; in a more specific sense, and as used throughout this book, the sixth and seventh planes which can be reached only by a discarnate spirit. The planes from one to five inclusive are termed the *astral* or "lower spirit world." An individual may leave his body (See "Meditation" and "Concentration") and travel on the astral planes but not in the "spirit world" proper. In other words the *astral* designates those planes on which mortal can mingle with spirit, while the "spirit world" designates the planes which are beyond the reach of man and devoted exclusively to spirit.

## CHAPTER TWO

### THE BENEFITS OF MEDIUMSHIP

Mediumship brings one in contact with a limitless power, "The Power of the Spirit." This power is so limitless as to be beyond the comprehension of the human mind. This power, for instance, may heal our bodies, it may strengthen us in a moment of weakness, console us in despair, show beautiful scenes to the artist, cause the musician to hear beautiful music, inspire the orator and the evangelist, show the inventor a wonderful piece of mechanism, or it will lead the philosopher into realms beyond his mental capacity. While these possibilities are open to the medium, it must be remembered that mediumship must be likened to astronomy; the ordinary mortal sees only the stars, the one who has made astronomy a study sees new worlds. As astronomy has brought to mankind all of the basic inventions which have made man's physical existence worth while, so mediumship has brought to man's soul those things which make him contented with his lot and in addition has revealed to him what is yet to come.

After reading the preceding paragraph some one may say, "It says that I may receive an invention. Very well, I will study mediumship, secure

an invention and thus become wealthy." Remember that those to whom any wonderful spiritual gift is given must first reach the state of unselfishness, the state of the pure scientist who carries on his tedious research work for the sake of science alone.

By being constantly in touch with the "Power of the Spirit," we become convinced of a continued existence after this life. It is this conviction that removes the fear of death which has held mankind in submission for many years. Mediumship shows the beauties of the after life. It is these beauties, which transcend all earthly beauties, that remove the fear of death, in fact, almost cause one to welcome death in order to enjoy them. This might be construed to encourage suicide. However, the reverse is true, for the one who studies mediumship soon learns that we each have a certain number of years of earthly experience and if we shorten our earthly existence, our spirit must remain "earth bound" until the allotted time of earth experience has expired. Moreover, the ability to talk with our departed friends causes us to feel happier after the parting, for we know that they can now enjoy those beauties of the spirit world of which we have caught but glimpses.

Mediumship imparts a knowledge of life in its entirety. It does this because it is the only science which studies man in his physical, mental and spirit-



ual states while on earth and continues the study of his mental and spiritual states after he has laid aside the physical body.

After one has advanced in the study of mediumship, he becomes more tolerant because he is shown, through an understanding of the various spiritual planes, (See Part II) why people act as they do. It is a great consolation to one to know that "although you are in the world you need not be of the world." In other words, mediumship teaches one that although he may be surrounded by discord and despair he may be calm and cheerful. It is the ability to do this that distinguishes the success from the failure. In fact, mediumship teaches this so well that the Spiritualists have adopted as their motto, the one given to them from the spirit side of life through Andrew Jackson Davis, "Under all circumstances keep an even mind."

Mediumship brings to you a peace of mind that nothing else can bring. This peace of mind is such that you feel tolerant toward the whole world—you feel that nothing can trouble you—all your troubles seem insignificant. The peace of mind is such that though you possessed the power to crush your worst enemy, if you have enemies, you would not use it but tell him to depart in peace.

It is this peace of mind that enables one to

successfully pass through the adversities of life and come out the stronger for the experience. This peace of mind is developed by entering the "Silence." (See page 27.)

Finally, mediumship educates the mind, unfolds the soul and strengthens the body. In fact there is no study that transcends the study of mediumship, for the study is more fascinating and broader in scope than any other; we commence the study of mediumship in this life and continue its study in the next life.

## CHAPTER THREE

### THE DANGERS OF MEDIUMSHIP

Contrary to general belief, the life of a medium is not a pleasant one. It is true that there are many joys connected with the gift of mediumship and that if properly carried out the life of a medium should be filled with happiness. However, there are many little unpleasantnesses that the medium comes in contact with every day. The life of a medium may be likened unto that of a consoler, for the people who come to a medium are usually in trouble. The life of a medium consists in hearing tales of woe, some one is out of work, a dear friend has passed on, etc. If a medium does not have implicit confidence in the teachings that the spirits have given her she is apt to become pessimistic. If one has closely studied the facial expression of the average medium, he will find that it is a worried one. This condition is caused by the medium being unable to ward off the pessimistic thoughts given her by her clients. The medium being in a sensitive condition while giving a reading, is apt to act out any thought that may be suggested to her. Hence, it is imperative that the medium learn how to be impersonal. That is, to listen to the troubles of those who come to her and to send them away encouraged, without herself becoming discouraged. After listening to the trou-



bles of people day in and day out for several years, it is no wonder that the average medium grows irritable and pessimistic.

Besides the danger to the character of the medium, there is also the danger to which the body is subjected through the practice of mediumship. Physical mediumship draws upon the nerve and vital energy of the individual. (See physical mediumship.) In fact all physical mediums suffer more or less from indigestion, liver trouble, and nervousness. These complaints oftentimes lead the medium to the use of stimulants.

Mediums are so apt to become greedy after seeing that people come to them and are willing to pay to witness some physical phenomena, such as trumpet or materialization, that they hold a circle every night in the week. After a few weeks their bodies become so depleted of vital energy that they cannot produce the phenomena and are sometimes led to imitate the phenomena of Spiritualism through fraud. This is dangerous to the mediums because it lowers their character, and also because it is discovered sooner or later and then all their phenomena are branded as fraudulent.

True mediums never commercialize their gifts. If they cannot produce the phenomena they tell the people so, and invite them to return another time.

In order that mediums, and those developing mediumship, may protect themselves from the bodily ailments so prevalent among mediums, they should have a sufficient amount of sleep, eat generously of nerve building food and observe the ordinary rules of health.

*Remember* that the *average* physical medium can give only two demonstrations per week without impairing their health. *R e m e m b e r*, if this number of meetings is exceeded that too much vital energy is drawn from the body and consequently the body is left open to disease.

Mental mediums are in great danger of nervous ailments. In fact, many mental mediums have suffered from nervous prostration. Mental mediums are also apt to suffer from stomach, heart and liver trouble.

The first thing for all mediums to learn is to preserve their strength. A mental medium should refrain from eating meat or food that requires several hours to digest. On the other hand physical mediums should eat meat and other heavy foods in order to supply the energy which is drawn from them in order to produce the phenomena. As a physical medium usually feels hungry and exhausted after a circle, they should partake of some light, warm food in order to relax their nerves and re-

cuperate a portion of their strength. Neither mental nor physical mediums should use their powers soon after a meal as the process of digestion is stopped during the use of their spiritual powers, which causes the food to ferment in the stomach and, as a result, causes stomach trouble.

There is also the danger of becoming obsessed and tormented through attracting frivolous spirits. This is usually caused by the medium and circle sitting just to see what will happen. Usually more happens than desired. The trouble is that they get too much phenomena and cannot stop its production. Hence a person should sit only for mediumship with a definite and high purpose.

The dangers of mediumship are such that unless one has good health, a strong will and a desire for the highest it is best to leave mediumship alone. *Remember*, if the thought is only for gain that the mind will be weakened and the body filled with pain.



## CHAPTER FOUR

### THE AURA

There are three auras, the magnetical, the mental and the spiritual. These auras may be seen by anyone possessing clairvoyance. The aura surrounding the body is the magnetical aura. It consists of a high rate of magnetical vibrations. These vibrations are of various colors, depending upon the character of the individual. The aura of a slow, phlegmatic person will have deep, murky colors, while that of a spiritual person will have bright, light colors. From this information it will be seen that anyone who is clairvoyant can watch the rate of development of any member of a developing circle by noting the change in the color of their aura. Again each organ of our bodies has its own aura. The clairvoyant can diagnose disease by noting the color of the aura about the various organs of the body. It will not be necessary to give a list of the various organs and the color of their auras because the law governing the diagnosis of disease by means of the aura is this: A healthy organ has an aura of a clear color; a diseased organ has an aura of a murky color. A little practice in examining the auras of healthy persons and those having a known disease will educate the clairvoyant more in diag-

nosing disease than the reading of any quantity of literature upon this subject.

As the clairvoyant makes use of the aura to diagnose disease, so the healer makes use of the aura to cure disease. It is the harmonious blending of the healer's aura with that of the patient which produces the cure. The healer merely supplies those magnetical emanations from his own aura which will clear up the color of the aura of the diseased organ and lo—the patient is cured. This explains why a certain healer is not able to cure a patient with a particular trouble and yet may cure hundreds with other troubles. The reason is that the particular organ that caused the patient's trouble was not healthy in the healer's body. Hence there were no magnetical vibrations available for the spirit doctor to use in clearing up the aura of the diseased organ of the patient.

Besides the use in diagnosing and curing disease the aura furnishes us with the only method of determining the order of seating people who are in a developing circle or who have come to witness some physical phenomena. Everyone has had the experience, at a party or other gathering, of sitting near one person and feeling uneasy, in fact going home and declaring that he had a perfectly wretched time. On the other hand if the individual in ques-

tion had been near some one else he would have had an enjoyable time. The reason for this state of affairs is as follows: in the first case the aura of the individual did not blend with those around him; in the second case he was in perfect harmony. From this illustration it is evident that in order to secure the best of conditions in any circle and especially in a developing circle, where everyone is leaving themselves open and trying to induce sensitiveness, that the people should be so seated that they will feel not only perfectly at ease, but also that the "guides" may have a steady flow of power with which to produce the phenomena. For if the people are uneasy, they either entirely shut off any strength which may have been drawn from them or else give it off in such an intermittant manner as to be a hindrance instead of a help in the production of the phenomena. This explains why those mediums who seat the people by alternately seating a man and a woman around the room do not always secure results and, if they do, it is because their "guides" are so strong and experienced that they can produce the phenomena *in spite of* the arrangement of the people. For it is self evident that using the above arrangement that it is only by chance that the proper blending of auras could have been accomplished. Those of you who are using this arrangement or who have witnessed the production of wonderful phenomena with

this arrangement consider how much more wonderful phenomena could have been produced if the proper conditions had been supplied.

In seating people according to the colors of their auras follow the sequence of colors found in the solar spectrum; namely red, orange, yellow, green, blue, indigo, and violet. On account of the steady flow of energy produced by the gradual blending of their auras, people seated in this arrangement will unfold their spiritual powers more rapidly than in using any other arrangement.

We would ask those who have been accustomed to use the alternate seating arrangement to try the aural seating arrangement for at least a month and see if the progress of the circle and the production of phenomena is not materially increased. In order to do this, it may be necessary to secure the services of a good clairvoyant. Whatever expense this might involve it will be amply repaid by the increase in the rate of development and production of phenomena.

The mental aura consists of the vibrations emanating from the individual's head. The mental attitude of the individual produces its color. Each of the forty-two mental faculties has its individual color. These colors are intensified as they are played upon by the emotions. For example, anger appears



as a deep red with black darts passing through it; on the other hand, aspiration is a beautiful blue color, etc. The faculty of deception has an aura of a reddish tinge a little deeper than pink but not a pronounced red. It has an uneven vibration. Fear has a gray aura. As deception always carries with it the fear of detection, the aura of deception is always mixed with the aura of fear. This causes the aura of fear, a gray color, to mingle with the aura of deception, a red color, to produce an aura of uneven vibration consisting of red interspersed with gray. By observing their auras, a clairvoyant can determine whether the persons before him are trying to deceive him. In other words, the aura furnishes us with a ready means of determining whether the persons with whom we come in contact are telling us the truth or not.

The spiritual aura consists of those color vibrations which are seen by the clairvoyant emanating from one who is spiritually awakened. The spiritual aura is frequently seen as a halo about the head of the "guides" that come to impress or inspire a medium. This aura is seen about all spirits who come to give a communication. Spirits who are highly developed have an aura of beautiful golden color, a light blue or one of almost pure white, while those who are yet close to earth have a gray or even a dark aura. Thus we see that the student of

mediumship cannot obtain too much information about the aura, for it enables him to diagnose disease, to watch the spiritual development of the various members of a circle, to arrange the seating of the members of a circle, to tell what class of spirits he is contacting, and finally, prevents deception on the part of those before him.

## CHAPTER FIVE

### HEALING

There are two forces at work in our bodies, the constructive and the destructive. As our bodies are composed of little cells which are constantly being formed and destroyed, it is evident that if more cells are destroyed than are created that our body will become weakened. In other words, if more cells of our bodies are constantly destroyed than the body can build we are said to suffer from a disease. It is self evident, therefore, that all that is necessary to make a sick person well, is to cause the body to build more cells than are destroyed. In other words, all forms of healing, whether they employ medicine or not, try to arouse the constructive forces of the body into action. *Remember* that the soul or subconscious mind\* has charge of the functions of the physical body. Thus we see that all forms of healing try to arouse the soul to the fact that it is neglecting its duty. The medical doctor gives us bitter tasting liquids and pills in order to accomplish this. Then again, he may cure some one with a little sweetened water. The last person was cured through the power of suggestion. He believed that the medicine would cure him, and lo—he was

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\*We prefer to use the term soul instead of subconscious mind. This term will be used throughout the book.

cured! This brings us to the secret of all healing: namely, all that is necessary to cure a person is to suggest to their soul that their body will be made well and they are made well. There is this to remember: that the proper food or the material from which the soul can construct the deficient cells must first be supplied to it; second, that the patient must have a sufficient amount of sleep or time in which the soul can work.

Those people who cannot start their soul building new cells in the afflicted organs of their bodies find it necessary to call upon another person to do so. The person gifted with this form of mediumship is called a healer. Let us take a concrete example of healing. A patient comes to a healer, who without an instant's hesitation tells the patient exactly what his ailment is. You ask, "How can he do this?" It is simple, in fact the healer has several different methods of acquiring this information. The healer may take on the condition of the patient, that is, whatever pain the patient may have in his body the healer will feel a like pain in his own body. (The pain remains for a short time only.) Again the healer may be impressed with the trouble or the healer may diagnose the disease by means of the patient's aura. (See page 13) A few healers possess the remarkable form of mediumship called X-ray clairvoyance. By this means they are enabled



to look into the body of the patient and see for themselves what organ is out of harmony. It is this ability to diagnose the patient's illness that places spiritual healing above all other forms of healing.

In giving the treatment the healer first makes a few passes over the patient. This enables the healer to enter into the patient's aura. (See page 14) The particular passes used are not a series of standardized passes. The healer's hands are guided by the spirit force. After the preliminary passes, the healer places one of his hands over the afflicted part and the other on the opposite side of the patient's body. The spirit doctor then pours through the particular organ in the *healer's* body the necessary magnetic force which will cause new cells to be built in the afflicted organ in the patient's body; when these new cells commence to form, the aura of the afflicted organ will change as explained in the chapter on the aura. To do this, the spirit doctor vitalizes the magnetic force before he passes it through the patient's body. This explains why a certain healer is unable to cure a patient with a particular trouble and yet may cure hundreds with other troubles. The reason is that the particular organ that caused the patient's trouble was not healthy in the healer's body. Thus we see that the great law of healing demands that the body of the healer must

be free from whatever ailment he is trying to cure in the patient.

Oftentimes the force that is passed through the healer's body takes on a tangible form. In the case of relieving a fever, for instance, the healer's hands become covered with a sticky yellowish substance. As this substance is poisonous it is imperative that the healer wash his hands immediately after the treatment.

There are three forms of healing; namely physical, mental, and spiritual. The healer that possesses physical healing rubs, slaps, pounds and uses much physical force. However, the development of this form of healing is not recommended, as the rough physical treatment is apt to injure the patient. Again the use of a great amount of physical energy during the treatment leaves the healer exhausted at its completion. On the other hand, mental and spiritual healing leave the healer refreshed at the end of the treatment. In fact, it frequently happens that the healer feels tired before he commences the treatment and refreshed at its close.

The healer that possesses the mental phase of healing makes passes over the patient and may or may not touch him. The mental healer makes use of the power of suggestion. He first relaxes and harmonizes the patient and then while the patient

is in a receptive mood suggests that he will be well. The mental healer also heals at a distance. (See chapter on "Meditation.")

Healers that are gifted with the spiritual phase of healing are rare. In this form of healing the healer is able to direct the healing vibration to any part of the patient's body without touching the patient. Spiritual healing is used mainly to heal at a distance.

The possession of healing power is indicated by the hands becoming warm and even perspiring. Again the forearms may feel heavy. When the spirit forces can use you for healing you will feel a desire to treat some one. Have no fear. Let your hands go where they will. The spirit knows what it desires to accomplish and if not interfered with will accomplish its purpose. It is best for the beginner to wash his hands in cold water after each treatment in order to rid himself of any condition which he may have taken on. After having given numerous treatments the "controls" of the healer learn how to throw off any condition without resorting to cold water. Those that possess healing powers should try to develop the mental and spiritual phases of healing rather than the physical phase, because more good can be accomplished and greater confidence instilled in the mind of the patient if gentle and refined methods of treatment are used. In order for

the "Power of the Spirit" to work through the healer to the best advantage, the healer should take up the study of physiology. This knowledge of the functions of the various organs of the body and their common diseases will enable the healer to give a clearer and more correct diagnosis.

## ADVICE TO HEALERS

NOTE: Much useful information on healing will be found throughout the chapters on the Spiritual Planes. The healer is especially referred to the second or creative division of each plane, and to the chapter on The Creative Plane.

Many diseases are received by suggestion.

A suggestion is a positive thought received by one in a sensitive or receptive mood.

The desire to help others must be awakened in the healer before he can heal.

Never force your power on anyone as you may injure them.

Remember that when a person comes to you they come with a receptive mind. Therefore be careful of what you say to them and how you say it.

Never exaggerate a case.

Never speak of incurable cases. If you feel unable to help a person do not give them a positive thought that they cannot be well. Leave them with



the thought of hope. If you cannot reach the patient, some one else may be able to. (See pages 14 and 21).

Always greet your patients in a happy manner and if possible get them to laugh.

Instantaneous healing requires that the healer and the patient blend on the magnetical, mental, and soul planes simultaneously. This explains why instantaneous healings are a rare occurrence.

Whenever you feel for the individual it is an indication that you have accomplished a cure.

## CHAPTER SIX

# THE SILENCE, MEDITATION AND CONCENTRATION

### INTRODUCTION

There are three goals for the mental medium to attain. The first of these is "The Silence," the second the state of "Meditation," and the third the state of "Concentration." Each of these goals holds its special rewards and the one attained indicates the spiritual growth of the individual. One cannot say that he or she has attained the state of Master-ship until they can enter the state of "Concentration" at will. While the spirits can and do assist one to a great extent it is well to know that one can assist themselves. Since we are as much a spirit now as we ever will be, it follows that whatever a discarnate spirit can do, we also can do. The natural inclination of one is to lean upon the spirit too much. This is not necessary as one can heal themselves or secure any information that they may desire.

The "Silence" is entered to awaken our soul faculties and second, to enable us to contact our spirit friends. The "Silence" deals with the physical body and enables one to heal themselves. "Meditation" opens the clairvoyant vision and commences the spirit's journeys into the astral planes. "Concentration" is the last goal and the one that holds

the greatest rewards. For it opens the doorway to all knowledge—anything that you desire to know will be revealed to you. Now that you see the limitless possibilities open before you set to work with a determined effort and reap your harvest. Although it may take you ten or more years to reach the state of “Concentration,” persevere for remember what reward awaits you. Devote about five minutes per day to the “Silence.” After you have mastered the “Silence,” you will gradually pass through the state of “Meditation” and into the state of “Concentration.”

### “THE SILENCE”

The “Silence” is entered by passing through the following stages:

1. Relaxation of the body.
2. Taking in the “Breath.”
3. Increasing mental activity.
4. Pacifying the mind.
5. Suspending the animation of the body.
6. Awakening the will.
7. The healing vibration.

While it seems a comparatively complicated process to pass through the various stages of the

“Silence” and one that would require considerable time, yet it is possible to enter the last stage of the “Silence” in less than half a minute. Do not become discouraged if you do not succeed in entering the “Silence” in the first few weeks of your attempts but persevere and remember that entering the “Silence” is a matter of soul growth.

The “Silence” is the first step toward the state of “Concentration.” The “Silence” pertains only to the physical body. One enters the “Silence” by passing through the following stages.

The body is first made comfortable. This may be either in a sitting or a reclining position. The chief point to be observed is that there is no tension on the body. The feet are crossed with the left ankle over the right ankle. When seated the hands are crossed in the lap; the left over the right. When reclining, the hands are crossed on the chest, the left over the right. This position of the hands and feet, which completes the magnetic circuit of the body, shuts out external disturbances and also prevents interference from the spirit side of life. Next take some word upon which to center your attention. The word love is the easiest for the beginner. However, the word used is immaterial. The purpose of the word is two-fold: first, to induce clairvoyance; and second, to center the mind when the state of extreme mental activity is reached.



The next step consists in taking in a breath in three stages: first, filling the upper part of the lungs, then the central portion, and finally the lower part of the lungs. The breath is held as long as possible without exertion and then exhaled in the reverse order to that by which it was inhaled. During the time the breath is being held, try to picture the word which you have chosen. Do not become discouraged if you do not see the word at the first attempt. Persevere and you will be rewarded. Later you will see faces and forms. The purpose of the breath is to relax the body. When perfect relaxation is attained the body feels as though it were sinking.

After the body has been perfectly relaxed, one passes into a state where the activity of the mind is increased. One thought following another with great rapidity. There is a peculiar sensation that arises in the head and at the same time the body feels as if it were rising or swelling. One does not think at this stage as he is between the action of the will and the objective mind. Many people do not pass beyond this stage as they cannot overcome the activity of the mind sufficiently to pass on to the next stage, which consists in pacifying the mind until but one thought is held. This is the word which you have chosen.

After pacifying the mind, a stage is reached where all the action of the mind and body seems

suspended. This lasts from a fraction of a second to several seconds. It is in this state that undesirable "controls" may take possession of the body. In order to pass from this stage to the next a short breath is taken. This breath awakens the will. When this is accomplished a bright light seems to pass over the head.

As the mind is receptive in the following state the will directs the mind. The last state of the "Silence" is recognized by a peculiar swaying sensation of the body. When you feel the swaying sensation do not become alarmed but direct your soul to heal any weakened part of your body. If the proper conditions prevail you can heal yourself of any ailment. After sufficient practice one can direct this energy to another although he may be at a distance.

Anything that deals with the blood, tissue, muscle, etc., is easily cured. One can relieve a sore throat very easily. One can even grow bone and teeth. The growing of tendons and the healing of bone requires a long time. Besides giving the treatment one must supply the body with the necessary material with which to build the part.

## THE STATE OF "MEDITATION"

"Meditation" deals with the mind. It is to be noted that the different stages in "Meditation" and "Concentration" are reached without any special effort on the part of the individual. Hence no directions will be given for passing from one stage to another. The stage reached depends upon the degree of development one has. The first stage of "Meditation" is entered by taking a short breath after the last stage of the "Silence" is reached. This breath is taken automatically.

The second stage is distinguished by the sensing of a radiance of bright light around the body; the third stage by feeling different vibrations around the body. The soul is awakened in the third stage, which is the first step toward reaching the astral planes. In the following stage mental clairvoyance is awakened.

The last stage in "Meditation" consists in directing the will. This will is not the will that governs the body; it is the will that directs mental action. As the astral planes that surround the earth are now being entered it is necessary to have a desire for the things one wishes to see or know. *The results are proportional to the strength of the desire.* Everything that is seen or heard while in this stage is remembered as memory has been awakened. In

this stage one may contact spirits, see new inventions, and come in contact with a healing force. Animation may sometimes be suspended while in this stage and the body become cold. Always remember to have some definite object in view before attempting to enter this state and to *suggest to yourself that you will remember all that you will see and hear*, otherwise the time and energy expended in attaining this state are wasted.

## THE STATE OF "CONCENTRATION"

"Concentration" deals with the soul and its experiences on the astral planes. As "Meditation" has aroused the mind, everything seen or heard is remembered. The will may now direct one to any part of the astral that he desires to go. He may visit the homes of his spirit friends, their schools, or the lower planes of the astral. The slightest fear will cause the spirit to return to the body.

As long as you feel afraid you will never reach the beautiful parts of the astral. How long you remain in this condition depends on yourself as it is a matter of soul growth.

Never become alarmed at whatever transpires while on the astral. Remember that you may frighten but you cannot hurt a spirit. Also bear in mind that you can go to any part of the astral to which you have advanced spiritually. No spirit can



prevent you. They may try but actually they cannot. For your spirit is still connected with a physical body and hence has all the inherent spiritual power plus the vital energy of the body. Hence in traveling on the astral you are actually more powerful (that is you possess more available soul force) than any spirit that is on the same plane as yourself.

Bearing this fact in mind go freely into any part of the astral that you can reach. Should any frivolous spirit try to oppose or frighten you render them powerless by radiating this soul force. This soul force causes your aura to raise its vibrations and to take on the appearance of a bright light. For this reason we will call this force the "bright light."

No spirit who is on the same plane as yourself or below you can penetrate this aura. If this vibration is directed toward any frivolous spirit it will cause him to depart as he cannot withstand the high rate of vibration. It will cause any spirit that is impersonating to assume his proper form. This force is used in removing obsessing forces. This is accomplished by directing this force against them so as to render them powerless after which they are taken away by the "controls" of the individual. This power is brought into use by calling upon the "bright light" to radiate.

The soul faculties are awakened on the next

stage, where one may make himself what he desires to be.\* In this state mastery over the emotions, physical desires, appetites, etc., is gained. The soul is consciously awakened and registers its experiences on the mind. Although the soul is greater than the mind when separated from the body, all things that the soul has registered on the mind are not expressed by the mind through fear of ridicule. This stage is recognized by the fact that one is on the astral and feels as though he could love everyone.

The last stage of "Concentration" consists in traveling on the higher planes of the astral, where many lessons and experiences that strengthen the soul, mind and inner nature are gained. By this means it is possible to live a portion of your astral life while still in a physical body.

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\*The statement that one can make himself what he desires to be applies only to his character. For instance a ditch digger cannot transform himself into a financier. He can, however, change his character so as to be more kind, more considerate of others, etc. The law that governs this states: "The path each must travel is written; the manner of traveling the path is left to the individual." For example, it may be written that a man will have to go from New York to San Francisco, but it is up to the man himself whether he will walk, run, go by boat, by rail, or by aeroplane, in order to reach San Francisco.

The fact that the path through life of each individual is written is easily proven, first, because anyone who reaches the state of "Concentration" may enter the HALL OF RECORDS and there behold his own life or that of another and second, if this were not true it would be impossible for anyone to predict the future. Furthermore, if the manner of traveling this path were also written we would be but puppets on the stage of life.

## CHAPTER SEVEN

### THE DEVELOPING CIRCLE

- Purpose* The purpose of the developing circle is to aid the development of those latent forces of the individual which enable him to contact the spirit world.
- Room* The circle should be held in a quiet and well ventilated room. The size of the room should be such that the chairs of the members of the circle completely fill the room when they are spaced a foot apart.
- Flowers* Because their vibrations of color and fragrance strengthen the aural vibrations of those present, the seance room should be liberally supplied with flowers. The flowers should always be placed in fresh water.
- Physical Circle* In a physical circle the flowers are equivalent to the strength of one person. As the spirits draw upon the magnetical currents of the earth in the production of certain phenomena, such as apports, passing matter through matter, etc., a growing plant is equivalent to the strength of sev-

eral people. On account of the low rate of vibration required dark colored flowers and especially red ones should be used in a physical circle.

*Mental Circle* Light colored flowers are used in the mental circle in order to raise the vibrations. Violets are useful in healing; roses are more useful than geraniums.

*Water* Always have a glass of water in a mental circle as it aids the vibrations and most especially for use in case anyone becomes entranced (See page 47).

*Arrangement of Chairs, Tables, etc.,* The chairs should be arranged in a horseshoe formation, about a foot apart, with the open end occupied by the medium or instructor. If a cabinet is used the open end is occupied by it. All stools for healing, trumpets, tables or other necessary equipment may be placed either in the cabinet or the center of the circle.

*Cabinet* A cabinet is any light proof compartment that aids the production of *physical phenomena*.

The purpose of the cabinet is to concentrate or focus the force drawn

from the sitters so that the desired phenomena may be produced. The cabinet concentrates or focuses the force in a manner similar to that by which a lens concentrates or focuses light. As light impairs the strength of the forces which the cabinet concentrates, the cabinet must be made light proof.

A cabinet is conveniently made by stretching a light proof cloth across a corner of the developing room in such a manner that a light proof compartment is formed large enough to enable a person to be seated within it.

The location of the cabinet is immaterial.

### *Light*

The development of physical mediumship requires either total or semi-darkness. While a dark circle naturally requires no light, some means should be provided for gradually increasing the light at the close of the circle to avoid injury to the eyes.

A semi-dark circle is illuminated by a red light. Because it has the lowest rate of vibration, red light



interferes less with physical phenomena than any other color of light. As many things affect the intensity of the light in which the phenomena can be produced, some means should be provided for varying the intensity of the light. This is usually accomplished by placing the light in a box one side of which is fitted with a vertical slide, operated by a cord from the cabinet.

Mental mediumship is developed in the light. No change in the lighting equipment is required.

*Time*

There is no Royal Road to mediumship. Persistent and faithful application are required. A given phase

*Required for  
Development*

of mediumship requires from one month to ten years for development. Remember that the lasting and worthwhile mediumship requires time to attain.

*Hour at which  
Circle is Held*

The hour at which the circle is held is immaterial. Remember that the Spirit is punctual. Therefore, once an hour of meeting is adopted, open the circle promptly at that time.

For those who would provide ideal

conditions we advise meeting in the morning as the body contains the most vital energy at that time. However, most developing circles are held in the evening as the majority of their members are employed during the day.

*Frequency of Meetings*

On account of the drain on the vital energy of the body meetings should not be held oftener than twice a week.

*Reason for the Dark Circle*

The dark circle is used for three reasons. First, to aid the sitters to concentrate their attention by preventing them from mentally criticising the features and dress of those present. Second, to produce a slight inward fear which renders the sitters negative. Third, to reduce the vibration of those present so that the phenomena may be produced.

*Position of Hands and Feet*

In a *physical* circle the hands and feet of the sitters should *not* be crossed so as to enable the force to be drawn from them necessary to produce the phenomena.

In a *mental* circle the hands and feet *should* be crossed during the

*People  
Who Should  
Sit for  
Development*

period of entering the "Silence" in order to shut them off from the rest of the circle and preserve all of their vital energy. The feet are crossed by placing the left ankle over the right ankle. The hands are crossed in the lap the left hand over the right hand. Only those people who have a healthy body and a strong will should sit for development. People who have a weak body and a weak will invariably get into difficulties if they undertake development. (See Chapter on 'The Dangers of Mediumship.') If you are ill and desire development get well first; then seek development.

Before undertaking development find out what phase of mediumship you are fitted for. This may be accomplished by consulting a medium. Remember that you are wasting your time and retarding the other members of the circle, if you attend a developing circle which cannot develop your phase of mediumship.

*Selection of  
Members of  
the Circle*

Only those people who are congenial, sincere, strong willed, in good health, who know what phase of medium-

ship they desire to develop, and who will remain in the circle regardless of the length of time required for development should be chosen as your fellow students in the study of mediumship.

### *Number of People in Circle*

The developing circle may consist of from two to twenty people. However, it is only an exceptional medium who can handle a class of twenty sitters, as six or seven are apt to be entranced at the same time. Remember that the best results are obtained in a small circle where but one or two phases of mediumship are being developed.

### *Clothing*

Loose comfortable clothing should be worn. As the neck sometimes swells during entrancement, the men should wear soft loose collars. The ideal conditions are secured when white clothing is worn on account of the high rate of vibrations produced by it.

### *Food*

As the process of digestion is stopped during the production of any phenomena, never enter a circle until the process of digestion is completed. To

insure this state of affairs eat a light easily digested meal at least two hours before entering the developing circle.

### *Meat*

Due to the fact that physical mediumship requires a low rate of vibration, while mental mediumship requires a high rate of vibration the following rule in regard to meat eating should be followed: Physical mediums eat meat; mental and spiritual mediums refrain from meat. In fact, those who develop mental and spiritual mediumship also develop an aversion to meat. Remember that people who live on a fruit diet become more sensitive than those on a vegetable diet.

### *Diet or Semi-Fast to Aid Development*

The object of the diet or semi-fast is to subdue the body and thus raise your vibrations. Therefore, less food is consumed than is required to supply the waste of the body. The less food consumed the quicker the body is subdued. The fast should extend over a period of five or six days. If one could fast once every six months their development would be wonder-



fully assisted. Be sure that you have a strong will before undertaking the fast and that your body is in fairly good condition.

Almost every form of obsession can be overcome by a fast providing one is surrounded by the proper people. If the proper people are not about one a fast is the most dangerous thing that can be undertaken, as any suggestion, whether good or bad, will be followed out if received while in the sensitive condition produced by fasting.

The following menu is suggested for the semi-fast:

A glass of milk in the morning.

A small apple or other fruit at noon.

A small apple or other fruit in the evening.

When you desire to lower your vibrations because you feel yourself becoming too sensitive eat a little flesh. Fish is the best flesh, chicken or squab next and lastly the light cuts of meat.

*Seating*

The members of the circle should be seated according to the colors of their auras following the order of the colors of the solar spectrum as closely as possible. (See chapter on Aura.) If necessary consult a clairvoyant capable of seeing the auras of the members of the circle in order to have them properly seated. If this is not possible have the members of the circle change places until an arrangement is secured in which everyone feels comfortable. Remember that it is possible to seat the members of the circle in such a manner that all will feel uncomfortable and also prevent the production of any phenomena.

*Conversation  
Before the  
Circle*

The conversation before the circle should be of such a character that it will not arouse hatred, discord or jealousy in the minds of those present.

*Opening the  
Circle*

The circle should be opened with a short prayer in order to put those present in a reverent state of mind.

In a physical circle songs are sung after the prayer and are continued

until some phenomena is produced.  
(See songs.)

In a mental circle all enter the "Silence" after the prayer and fix their mind on the word given by the instructor.

The attitude during the circle should be one of, "Thy will, not mine, be done."

### *Duration of Singing*

The singing in a physical circle should not be continued over an hour as any phenomena that will be produced will manifest themselves within that length of time.

### *Of "Silence"*

The "Silence" of the mental circle should not be continued over twenty minutes as any phenomena that will be produced will manifest themselves within that length of time.

### *Of Circle*

The duration of the circle varies according to the amount of phenomena produced, however, it is usually not over two hours.

### *Songs*

Songs are required to regulate and maintain the vibrations in a *Physical circle*. Although people become entranced more readily when singing is used, it is not advisable to use

singing in the *mental circle* as the medium soon requires a certain song before the phenomena can take place.

Singing is used to supply the voice in the trumpet circle. The songs used in a physical circle should be graded gradually from the slow and dreamy to the fast and lively.

The following are some of the most common sensations experienced in the beginning of the development of mediumship:

SENSATION	PHASES OF MEDIUMSHIP INDICATED
Band around the head	Clairvoyance
Faint or "All gone" feeling	Dead trance
Drawing sensation at the throat and solar plexus combined with a dull pain at the back of the head.	Trumpet
Feeling of peace and isolation	Entering into the "Silence."
Feeling of body swaying	Entering into the last stage of the "Silence."
General or partial swelling of limbs, arms or body	Entrancement
Heaviness of arm	Automatic writing or painting
Peculiar sensation of ears	Clairaudience
Perspiration or excessive heat in hands	Healing
Swelling of hands	Healing
Throat swelling or choking	Trance Speaking
Weak feeling	Healing force taken

## RULES FOR HANDLING PEOPLE WHO BECOME ENTRANCED

1. Let the person alone.
  - (a) Speak to the spirit in a gentle voice.
  - (b) Always ask the spirit's permission before touching the medium.

NOTE: To touch a person unexpectedly while in a trance produces a condition similar to an electric shock and may send them into the spirit world.
2. If it is desired to assist a spirit to come, downward passes should be made over the individual.
3. If it is desired to assist a spirit to depart, upward passes should be made over the individual.
4. A deep breath followed by several swallows of cold water will aid a person to become themselves after entrancement.

*Discussion or Lesson After the Phenomena* A short time should be devoted to the discussion of the phases of mediumship and the various spiritual planes after the phenomena have taken place, in order to acquaint the members of the circle with the reasons for the various things that transpire during the circle.

*Closing the Circle* The circle should be closed with a short benediction in order to maintain the reverent attitude that mediumship involves.



## CHAPTER EIGHT

# A SHORT DESCRIPTION OF SEVENTY-FOUR PHASES OF MEDIUMSHIP

## AN ALPHABETICAL LIST OF THE PHASES

Absent treatments	Impressional Speaking
Apports	Impressional Writing
Astral traveling	Impersonation
Automatic drawing	Increase of weight
Automatic painting	Independent painting
Automatic writing	Independent slate writing
Ballot reading	Independent voices
Bible quotations	Inspiration
Blindfold test	Inspirational Lectures
Breezes	Inspirational Music
Clairaudience (Mental)	Inspirational Painting
Clairaudience (Objective)	Inspirational Poetry
Clairaudience (Spiritual)	Inspirational Singing
Clairsensuousness	Inspirational Writing
Clairvoyance (Diagnosis)	Levitation
Clairvoyance (Geological)	Materialization
Clairvoyance (Mental)	Odors
Clairvoyance (Objective)	Ouija board
Clairvoyance (Projected)	Passing matter through matter
Clairvoyance (Spiritual)	Pendulum test
Clairvoyance (X-ray)	Psychometry
Crystal gazing	Playing of musical instruments
Dematerialization	Raps
Egg test	Sand gazing
Etherealization	Slate writing
Fire test	Spirit hands
Freezing test	Spirit photography
Healing (Mental)	Spirit telegraphy
Healing (Physical)	Spirit typewriting
Healing (Spiritual)	Table tipping
Illumination	Tastes
Impressions	Telepathy
Impressional Poems	Thought transference

Trance (Dead)	Transfiguration
Trance (Semi)	Transformation
Trance (Unconscious)	Touches
Trumpet	Writing on arm of medium

## PHYSICAL PHASES OF MEDIUMSHIP

- Apports*                      Flowers, birds, rare coins, fruits, etc., are brought into the seance room from near and distant places. The conditions, cabinets, etc., are similar to those required by materialization.
- Automatic Spirit Drawing or Painting*      The hand of the medium is guided as in automatic writing to draw or paint the pictures of departed friends. From three to ten minutes are required for a drawing or painting. The phenomena is produced in the light or dark.
- Automatic Writing*              The arm and hand of the medium are controlled and write messages, lectures, books, etc., regardless of what conversation the medium may be carrying on. The same precautions as those mentioned with the ouija board should be observed. The phenomena takes place in the light or dark.
- Bible Quotations*              A Bible held in the hands of the medium opens to the page on which a passage answering the question is found. A small light seen by the medium designates the passage.

- Breezes* A cool breeze, often perfumed passes over the face of the sitters.
- Crystal Gazing* Focusing the attention on a glass sphere or other bright object until clairvoyance is induced. After this the same as objective clairvoyance.
- Dematerialization* Various articles placed in the cabinet or frequently from the clothing of the sitters vanish into thin air. As it is the reverse of materialization, the same conditions are necessary for dematerialization as for materialization. The phenomena is produced by raising the rate of vibration of the particles of the one object so that they may be passed through the other. This is in accord with the Kinetic theory of matter. (See any book on chemistry or physics.)
- Egg Test* The white of a fresh egg when placed in a glass assumes various shapes and symbols. The medium interprets these symbols and thus delivers the message. The phenomena is produced by the partial materialization of the egg. The egg is colored white so that one can readily see it. After the phenomenon the egg changes

from a white plastic mass to a colorless fluid. This fluid cannot be used again.

*Etherealization*

The clothing of spirits with a vaporous substance (not solid) so that they may be seen by the physical eye. With the exception of weight and the fact that one can see objects through an etherealized form, the rules that apply to materialization also apply to etherealization. (See materialization.)

*Fire Test*

After entrancing the medium, the spirits materialize a heat proof layer between the hot object and the body of the medium so that the medium becomes capable of handling live coals, red hot iron, hot lamp chimneys, burning fluids, etc., without harm to herself. It is to be noted that the hair on the arms and head is not singed during the demonstration.

*Freezing Test* Various objects handled by the medium become frozen. The reverse of the fire test.

*Hands*

The medium and sitters feel the gentle touch of hands upon various



parts of their bodies, usually the head or face. Oftentimes the sitters are permitted to grasp the hand and by feeling of rings or a physical deformity are able to recognize the spirit.

*Healing*  
*(Physical)* Healing wherein an excessive amount of rubbing and patting is used. (See chapter on healing.)

*Impersonation* The medium impersonates the departed friend, going through a pantomime until the friend is recognized when a message is given.

*Increase of Weight* The weight of a person or object is increased to such an extent that they cannot be moved. The reverse of levitation.

*Levitation* The sitters place their hands or finger tips lightly upon a table or other object which then rises from the floor in spite of any effort to hold it. Tables or pianos with four or five persons sitting upon them can be moved. Certain mediums can levitate people, causing them to float about a room. Levitation may also take place without the contact of the physical hand such as a musical instru-

ment floating in the air, while being played upon by the "guide" in a physical circle. This is a frequent occurrence in a trumpet circle. Levitation can take place in the light or dark.

### *Material-ization*

The clothing of spirits with a solid substance so that they may be seen by the physical eye. Due to the widespread interest in this phase of mediumship a description of a materialization seance will be given. The people are seated facing a cabinet. The medium may either be seated within or without the cabinet. The vibrations which produce the forms are focused or concentrated by the cabinet in much the same way that a lens concentrates or focuses light. (The cabinet is conveniently made by stretching a light-proof cloth across a corner of the seance room in such a manner that a light-proof compartment is formed large enough to enable the medium to be seated within it.) The room is either totally darkened or else illuminated by a red light (red is the lowest vibration on

the color scale and hence interferes less with the phenomena than any other color of light) which is varied according to the strength of the form to be materialized. A bright light is used for a strong form; a dim light for a weak form. (A strong form is a spirit who has been clothed many times or is yet strong in the earth vibrations.) The light is regulated by the cabinet "guide." (This is usually accomplished by placing the light in a box, one side of which is closed by a vertical slide operated by a cord from the cabinet.)

The circle is opened with a prayer after which various songs are sung until the medium becomes entranced. A short time after the entrancement of the medium, the cabinet "guide" materializes and gives a short talk. (The spirits that desire to materialize are instructed and aided by the cabinet "guide.") After the cabinet "guide" has dematerialized, the friends and "guides" of those present are materialized and those present who recognize them are permitted

to approach the cabinet and speak with the forms.

The cabinet should be approached slowly and without fear, otherwise the vibrations are broken and the spirit forced back into the cabinet for more strength. The spirit should be spoken to freely as its voice is drawn from the vibrations produced by your voice. After a form has materialized several times and become familiar with your vibrations you may be permitted to hold it while it dematerializes in your grasp. From one to thirty forms are materialized at a seance.

The songs sung are used to regulate and maintain the vibrations given out by the sitters. The songs used should be graded gradually from the slow and dreamy to the fast and lively. When the songs are changed abruptly any form which had built itself up on a particular vibration and would be ready to step from the cabinet is immediately destroyed by the abrupt change in vibrations. Thus the time between forms is increased

which naturally results in fewer and less perfect forms.

Spirits are materializing by collecting in the cabinet grayish pink vibrations which flow over the heads of the sitters and grayish blue vibrations which flow along the floor toward the cabinet. Any clairvoyant can see these vibrations. The collected vibrations are then passed through the body of the medium to be vitalized and made into a tangible substance.

The spirit to be clothed stands within the cabinet. The tangible substance is placed over it by the cabinet "guide," assisted by spirit chemists, and the features and dress in which it desires to appear are formed by the thought of the spirit. Hence it is easily seen that a spirit which has been on the other side of life for a long time or one who is overjoyed and in haste to appear to a loved one may not recollect, in minute detail, how it appeared in the physical form and will appear as it now is in spirit minus any deformity. This often



confuses the sitter so much that he will deny recognition to the form. In this case the form frequently returns to the cabinet to supply convincing details.

Experiments conducted with self recording scales have shown that the form varies in weight between twenty and forty pounds, that the medium loses about three-fourths of this weight and the sitters the remainder during the time that the form is materialized. With the exception of a slight loss, the medium and sitters regain this weight after the form has dematerialized. In view of these facts it is easily seen why the form should not be touched without its permission. Should the form be grasped or a bright light flashed unexpectedly this twenty to forty pounds of vitalized substance will be destroyed and it is very seldom that the medium can withstand such a sudden loss of weight and still live. The loss of a slight amount of weight after each form is materialized explains why no more than two seances

per week should be held. Should this number be exceeded the medium will not be able to recuperate and will consequently fail in health. Materialization can also be produced in a room light enough to read a newspaper. Flash light photographs and even motion pictures have been taken of materializing scenes after the spirits have given permission to do so. From one to ten years are required for the development of materialization.

Those interested in materialization should read "Rending The Veil," "Beyond The Veil" and "The Dawn of an Awakened Mind."

### *Odors*

Odors of various fruits, flowers, perfumes and medicines are experienced by the medium and sitters.

### *Ouija Board*

A heart shaped pointer, lightly touched by the fingers of the medium, spells out messages by pointing to the letters of the alphabet which are printed on a large board. If used in a reverent manner, excellent reliable results are obtained. If used in a frivolous manner, it is apt to cause insanity. If not used in a reverent

manner, it is best to leave the ouija board alone.

*Passing  
Matter  
Through  
Matter*

Objects such as a glass or vase are passed through a table or other object. The phenomena is produced by partially dematerializing one of the objects in question and then re-materializing it.

*Pendulum  
Test*

A small pendulum suspended in a tumbler, although constantly vibrating rapidly, only strikes the side of the tumbler to rap out answers to questions.

*Planchette*

A heart shaped pointer equipped with a pencil writes messages. The same precautions should be used with the planchette as with the ouija board.

*Playing of  
Musical  
Instruments*

Musical instruments are played while floating about the room. The phenomena takes place in connection with trumpet, materialization, and apport phenomena.

*Raps*

Raps are produced in various parts of the seance room and on different objects. The spirits produce the raps by creating an electrical disturbance

similar to thunder. The phenomenon takes place either in the light or dark.

*Sand Gazing* The grains of a mixture of colored sands, contained in a glass, form themselves into various symbols and even spell out names.

*Slate Writing* Two or more slates are placed together, with or without a slate pencil between them. After a short interval of time the slates are opened and a message or drawing is found on the slates, oftentimes in several colors. The writing or drawings are produced by the materialization of the colors on the slate. The message is usually in the handwriting of the departed friend. The time required for the production of a message varies from a few seconds to half an hour. The phenomenon takes place either in the light or dark.

The development of slate writing is commenced in the dark circle. The slates are placed in a cabinet. (See Materialization.) As development proceeds the cabinet is dispensed with and the light gradually increased until the phenomenon takes place in

the daylight. From one to ten years are required for development.

*Spirit Painting* Similar to slate writing. The canvas may or may not be placed in a cabinet. Some mediums require the canvas to be placed in the direct sunlight. (Do not think this is done to bring out a picture which was previously painted on the canvas with chemicals sensitive to light for the sitter invariably furnishes the canvas.) The painting in oil or water colors of the departed friend appears on the canvas in about half an hour. In the early stages of development painting materials must be supplied. When development is complete, no painting materials are required.

*Spirit Photography* The pictures of departed friends appear on the plate or film after its development. The plate may be exposed in a camera in the usual manner or the plate may be held as in slate writing. The pictures are produced by the partial etherealization of the spirit at the time the plate or film is exposed. On account of the



prevalence of trick photography due to the motion picture industry, spirit photography has fallen into disrepute when used as evidence to prove spirit return. Hence, beware of spirit photographs unless you have supplied the camera, the film or plate and performed the developing of the same.

*Spirit  
Telegraphy*

Spirits operate a telegraph sounder. Oftentimes the message is received in the telegraphic code without the aid of telegraph instruments, raps being used.

*Spirit  
Typewriting*

A typewriter placed in a cabinet writes messages. The typewriter is operated by the materialized hand of a spirit. The rules of materialization apply to spirit typewriting.

*Table  
Tipping*

Those present place their hands or finger tips lightly upon a table which tips or raps out answers to questions. The questions asked must be so worded that they can be answered by either yes or no. This phenomenon takes place either in the light or dark.

- Tastes* Tastes of various fruits, foods and medicines are experienced by the medium and sitters.
- Touches* The medium and sitters feel gentle touches on various parts of their bodies. The touches are produced by the partial materialization of spirit hands.
- Trance*  
*(Dead)* A trance in which the medium is unconscious of what phenomena transpires. The dead trance is used in the production of phenomena in which a great deal of energy must be vitalized by the medium. (Also see unconscious trance.)
- Transfiguration* The features of the medium change so as to resemble the features of the departed. As the phenomenon is produced by materializing the features of the departed over the features of the medium, the rules of materialization must be observed.
- Transformation* An advanced form of transfiguration in which the form of the spirit is materialized over the body of the medium.
- Trumpet* Spirits talk and sing through a trumpet. A trumpet is similar in appear-

ance to a megaphone with the exception that the mouthpiece is purposely made so small that it is impossible for any human being to talk through it. A luminous band placed around the trumpet enables the sitters to follow its movements. Trumpets are made of fiber, metal or wood. However, excellent results have been secured by pinning a piece of newspaper into trumpet form.

In developing trumpet mediumship the one that is chosen as the medium occupies a cabinet. (See Cabinet.) However, trumpet mediumship can be developed without the aid of the cabinet. When the cabinet is used, the trumpet is placed in the cabinet; if not used, it is placed in the center of the circle. In the beginning, raps are heard on the trumpet. As the force grows stronger the trumpet is knocked over. Then a few audible sounds are heard through it. As the force grows still stronger the trumpet floats about the room. (See levitation.) The voices that are first received are barely above a whisper

and difficult to understand. Later they may become as loud as that used by a lecturer.

In the early stages of development the medium will experience a drawing and depressing sensation at the base of the brain combined with a swelling of the throat. This is frequently so intensified that it produces a headache which lasts for an hour or more after the circle.

Singing plays an important part in a trumpet circle. The voice in the trumpet is produced by the vibrations from the singing being vitalized by passing through the vocal organs of the medium and then materialized in the trumpet to produce sound. Frequently this produces an audible sound in the throat of the medium and the medium is accused of using ventriloquism to produce the voices. However, this is not the case as the sitter is frequently permitted to hold the trumpet in his hands and can feel the vibrations caused by the voice. (See songs.) From one to ten years are required for development.

*Writing on the Arm of the Medium* . The name of a departed friend appears on the forearm of the medium. in red letters. As soon as recognition is given the name disappears and another takes its place. The arm of the medium is rigid, cold and bloodless during the production of the phenomenon.

## MENTAL PHASES

*Ballot Reading* X-ray clairvoyance enables the medium to read the contents of sealed envelopes.

*Blindfold Test* A blindfolded medium reads sealed ballots. A spectacular form of clairvoyance or clairauidience.

*Clairauidience (Mental)* The voices of the spirits are heard within the head or the solar plexus.

*Clairauidience (Objective)* The voices of the spirits are heard a short distance from the ear.

*Clair-sensuousness* The spirit is neither seen or heard but sensed. The spirit is sensed in much the same manner that an individual is enabled to tell when another person has entered the room he is occupying although he has neither seen or heard them. By a little practice one is enabled to tell whether it



is a man or a woman. However, the clairsensuous medium is enabled not only to tell that there is a spirit near but to describe his or her appearance.

*Clairvoyance*  
(*Diagnosis*)

Clairvoyance enables the medium to diagnose the ills of the patient. (See chapter on Aura.)

*Clairvoyance*  
(*Geological*)

An exceedingly rare form of projected clairvoyance that enables the medium to see beneath the surface of the earth. By this means the medium is enabled to describe all of the strata down to a body of ore, then to describe the thickness and width of the ore bearing stratum and its approximate extent. The statements made from this form of clairvoyance have been verified by sinking shafts in the places indicated by the medium. However, do not be led to believe that anyone can develop this phase of clairvoyance and thus become wealthy. One must first reach that state of spiritual development where all desire for wealth is lost, before this gift will be given to him.

Beware of any mediums that claim to locate mines or oil wells. These

mediums desire your money. The medium that possesses this phase of mediumship, if approached to locate a body of ore would in all probability reply that just to show you that it could be done he would locate a small body of ore or oil. But he would not disclose the location of any vast amount of wealth. He has been spiritually awakened and cannot be bribed by money which he does not value. He has been taught on the other side of the dangers that exist in suddenly opening up vast storehouses of wealth. Further than this the power seems only to work when the medium is in the state of contempt for wealth. Let the medium seek to enrich himself and the clairvoyant vision is immediately shut off. Again we repeat beware of any medium that claims to locate mineral wealth. Such has been done but only to convince the skeptical and then on minerals of low value only.

*Clairvoyance*  
(*Mental*)

The faces, scenes, symbols and writing which are seen by the medium are apparently seen through the top of

the head, forehead or solar plexus of the medium. The objects seen are received in the nature of an impression.

*Clairvoyance (Objective)* The faces, scenes, symbols and writing which are seen by the medium are seen with the physical eye. The spirits are seen as they were in earth life; e.g. they are seen in an objective sense. The medium sees the home in which the departed one lived, some incident connected with their business, etc.

*Clairvoyance (Projected)* A rare form of clairvoyance that enables the medium to accurately describe the condition of objects and persons in distant places.

*Clairvoyance (X-ray)* A remarkable form of clairvoyance that enables the medium to look within objects and the human body. This form of clairvoyance is used in reading sealed questions and in the diagnosis of disease.

*Healing (Mental)* Healing without the laying on of hands. (See physical healing.) While passes may be made, the patient is

not touched; and if so, only gently. Suggestion plays a great part in mental healing. The soul of the individual is aroused and then proceeds to heal the body.

*Impressions* The medium receives the message as an impression or thought neither hearing or seeing it.

*Impressional Poems* Poems are impressed on the mind of the medium. (See impressional writing.)

*Impressional Speaking* The medium is impressed with what to say. That is, the idea is given the medium who then must clothe it in words.

*Impressional Writing* The medium is impressed with what to write, the spirit does not guide the hand as in automatic writing. The thought is clothed in the language of the medium.

*Psychometry* The ability to come in contact with an individual through the magnetical vibrations of an article he has handled or touched. After contact is made the message is received clairvoyantly, clairaudiently or clairsensuously. The healer frequently uses

## *Telepathy*

psychometry to diagnose the ills of a patient who is distant from him.

An advanced form of thought transference in which messages are both sent and received by an individual or spirit.

The development of telepathy requires two people who can make themselves either positive or negative at will. The students should not be together when practicing. The distance separating the students is immaterial. When successful messages have been sent and received between these two students, the phenomenon may be extended to others. Once having made contact with an individual it is possible to contact them even after a lapse of several years. In the beginning, it is best to have a stated time at which to send the message. Later, the message may be sent at any time.

The message is sent in the following manner. First, relax the body. (The same method is used as in entering the "Silence.") Second, mentally call the individual to whom you



are directing the message. (This is done in order to get into their vibration and to attract their attention.) Third, send the message in a positive thought. Fourth, pause, allow yourself to become negative that you may receive their answer. It is best for students to take notes of the questions sent and the answers received. Compare these notes and see how you are progressing. As with everything else, telepathy requires persistent practice to attain.

*Thought  
Transference*

The mind of the medium receives the exact thought sent by another individual or spirit.

*Trance  
(Conscious)*

A trance in which the medium is conscious of what is transpiring but powerless to prevent the phenomenon.

*Trance  
(Unconscious)*

A trance similar to the dead trance with the following distinction. The dead trance is used to produce physical phenomena where a large amount of energy must be vitalized by the medium, while the unconscious trance is used solely for lecture or message work.

## SPIRITUAL PHASES

- Clairaudience*  
(*Spiritual*) The voice of the spirit is heard more as an impression than an audible sound. The messages received deal only with spiritual subjects.
- Clair-sensuousness*  
(*Spiritual*) The spirits are sensed as they are now in the spirit world, not as they were on earth. This phase of mediumship is used more to describe the "controls" and helpers of the individual than his departed friends and relatives.
- Clairvoyance*  
(*Spiritual*) The spirits are seen through the forehead or solar plexus as they are now in the spirit world, not as they were on earth. (Compare with mental and objective clairvoyance.)
- Healing*  
(*Absent Treatment*) The healing of the patient at a distance.  
This is accomplished by entering the "Silence." (See chapter on the "Silence.")
- Healing*  
(*Spiritual*) Healing without the laying on of hands. The creative force within the individual is aroused. This force then brings the body back into harmony which is health.

*Illumination*     The highest phase of mediumship. In place of the external impressions as in inspiration, your own spirit comes in contact with the communicating spirit, giving one a feeling beyond the description of words. Illumination derives its name from the fact that the countenance of the individual is illuminated with a spiritual light while in the condition of illumination. Religious speakers when speaking of the higher aspects of religion frequently reach this state.

*Inspiration*     The transference to the mind of the medium of the exact thought of the spirit instructor. The thought flows so freely that it is beyond the description of words.

*Inspirational Lectures*     The spirit of the medium is quickened so that it co-operates with the spirit inspirer and gives forth his exact thought. The flow of language is free and easy.

*Inspirational Music*     Similar to inspirational singing.

*Inspirational Painting*     The medium is inspired by a spirit artist who gives the "motif" of the painting.

- Inspirational Poetry* Similar to inspirational writing.
- Inspirational Singing* The medium is inspired with a song and then reproduces it as nearly as possible.
- Inspirational Writing* The medium is inspired by a spirit writer. The flow of thought is rapid and the language beautiful. The thought is not clothed in the language of the medium. (Compare with impressional writing.)
- Spirit Flights (Astral Traveling)* The spirit of the individual leaves the physical body to travel in the astral world where it may obtain first hand information on any desired subject. (See chapter on "Meditation" and "Concentration.")

## CHAPTER NINE

### BIBLICAL REFERENCES TO MEDIUMSHIP

The following quotations will show the student that the various phases of mediumship were quite prevalent in biblical times. If the student is interested and can devote a few hours to the reading of the Bible, he will find several hundred references to mediumship.

#### CLAIRAUDIENCE

“And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutest thou me?” —Acts 9:4

“It stood still, but I could not discern the form thereof: an image was before mine eyes, there was silence, and I heard a voice saying.” —Job 4:16  
See also Ezekiel 2:1-8.

#### CLAIRVOYANCE

“Then lifted I up mine eyes, and saw, and behold four horns.” —Zach. 2:18

“I lifted up mine eyes again, and looked, and behold a man with a measuring line in his hand.” —Zach. 2:1

See also Acts 7:55-56; Matt. 17:8.



## FIRE TEST

"Then these men were bound on their coats, and their hosen, and their hats, and their other garments, and were cast into the midst of the burning fiery furnace.

"Therefore because the king's commandment was urgent, and the furnace exceedingly hot, the flame of the fire slew those men that took up Shadrach, Meschach, and Abednego.

"And these three men, Shadrach, Meschach, and Abednego, fell down bound into the midst of the burning fiery furnace.

"Then Nebuchadnezzar the king was astonished, and rose up in haste, and spake, and said unto his counsellors, 'Did not we cast three men bound into the midst of the fire?' They answered and said unto the king, 'True, O King.'

"He answered and said, 'Lo, I see four men loose, walking in the midst of the fire, and they have no hurt; and the form of the fourth is like the Son of God.'

"Then Nebuchadnezzar came near to the mouth of the burning fiery furnace, and spake, and said, 'Shadrach, Meschach, and Abednego, ye servants of the most high God, come forth, and come hither. Then Shadrach, Meshach, and Abednego, came forth out of the midst of the fire.

“And the princes, governors, and captains, and the king’s counsellors, being gathered together, saw these men, upon whose bodies the fire had no power, nor was an hair of the head singed, neither were their coats changed, nor the smell of fire had passed on them.”—Daniel 3:21-27

## HEALING BY MAGNETIZED ARTICLES

“Then he said unto Gehazi, Gird up thy loins, and take thy staff in thine hand, and go thy way: if thou meet any man salute him not; and if any salute thee, answer him not again: and lay my staff upon the face of the child.”—2 Kings 2:29

“And God wrought special miracles by the hands of Paul.

“So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them.”

—Acts 19:11-12

## “HEALING” FROM THE NEW TESTAMENT

“And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

“And when Jesus was come into Peter’s house, he saw his wife’s mother laid, and sick of a fever.

“And he touched her hand, and the fever left her and she arose, and ministered unto them.”

—Matt. 8:13-15

“And, behold, there was a man which had his hand withered, And they asked him, saying, Is it lawful to heal on the sabbath days? that they might accuse him.

“Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other.”—Matt. 12:10-13

“And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.

“And Jesus put forth his hand, and touched him, saying, I will: be thou clean. And immediately his leprosy was cleansed.”—Matt. 8

“Now when the sun was setting all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them.”—Luke 4:40

## HEALING OF OBSESSION

“And Jesus rebuked him, saying. Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not.”—Luke 4:35

See also Luke 9:11; 14:2; John 4:47-54

In the Old Testament see Numbers 21:8-9; I Kings 17:7-24; II Kings 4:18-29-37; 5:1-14.

## INDEPENDENT SPIRIT VOICES

“As the appearance of the bow that is in the cloud in the day of rain, so was the appearance of the brightness round about. This was the appearance of the likeness of the glory of the Lord. And when I saw it, I fell upon my face, and I heard a voice of one that spake.”—Ezekeil 1:28

While yet he spake, behold, a bright cloud overshadowed them; and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him.”—Matt. 17:5

See also Deuteronomy 9:12-13; I Samuel 3:2-9; John 12:28-29-30; Acts 9:4-17-31; 11:7-8-9

## INDEPENDENT SPIRIT WRITING

“And the Lord said unto Moses, Come up to me into the mount; and be there: and I will give thee tables of stone, and a law, and commandments which I have written; that thou mayest teach them.”  
—Exodus 24:12

“And the Lord said unto Moses, Hew thee two tables of stone like unto the first; and I will write upon these tables the words that were in the first tables, which thou brakest.”—Exodus 34:1

See also Exodus 31:18; 32:16; Deuteronomy 5:22; 9:10.

## SPIRIT WRITING

In the same hour came forth fingers of a man's hand, and wrote over against the candlestick upon the plaister of the wall of the king's palace: and the king saw the part of the hand that wrote."

—Daniel 5:5

See also II Chronicles 21:12

## INSPIRATION

"And the spirit entered into me when he spake to me, and set me upon my feet, that I heard him that spake unto me."—Ezekiel 2:2

See also I Cor. 12:8; Job 26:4

## MATERIALIZATION

"And, behold, there was a great earthquake; for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it.

"His countenance was like lightning, and his raiment white as snow."—Matt. 28:2-3

"And when I looked, behold, an hand was sent unto me; and, lo a roll of a book was therein."

—Ezekiel 2:9

See also Genesis 3:8; 18:1; 32:24; Exodus 24:10-11; Daniel 5:5; Luke 24:15-31; John 20:19



## SPIRIT HANDS

“And, behold, an hand touched me, which set me upon my knees and upon the palms of my hands.”

—Daniel 10:10

## SPIRIT LEVITATION

“So the spirit lifted me up, and took me away, and I went in bitterness, in the heat of my spirit; but the hand of the Lord was strong upon me.”

—Ezekiel 3:14

“And when they were come up out of the water, the Spirit of the Lord caught away Philip, that the eunuch saw him no more: and he went on his way rejoicing.”—Acts 8:39

See also Ezekiel 8:3; I Kings 18:12

## SPIRIT TESTS

“And Gideon said unto God, If thou wilt save Israel by mine hand, as thou hast said.

“Behold, I will put a fleece of wool in the floor; and if the dew be on the fleece only, and it be dry upon all the earth beside, then shall I know that thou wilt save Israel by mine hand, as thou hast said.

“And it was so: for he rose up early on the morrow, and thrust the fleece together, and wringed the dew out of the fleece, a bowl full of water.

“And Gideon said unto God, Let not thine anger be hot against me, and I will speak but this once: Let me prove, I pray thee, but this once with the fleece; let it now be dry only upon the fleece, and upon all the ground let there be dew.

“And God did so that night: for it was dry upon the fleece only, and there was dew on all the ground.”—Judges 6:36-40

See also Genesis 24:14-19; Exodus 4:17-31; I Samuel 1:10-11-17-26-27; 10:2-6-9-10

## THOUGHT TRANSFERENCE

“But when Jesus perceived their thoughts, he answering said unto them, What reason ye in your hearts?”—Luke 5:22

## TRANCE

“And when the sun was going down, a deep sleep fell upon Abraham;”—Genesis 15:12

“And it came to pass, that, when I was come again to Jerusalem, even while I prayed in the temple,

“And, behold, there was a great earthquake: for I was in a trance.”—Acts 22:17

“Yet heard I the voice of his words: and when I heard the voice of his words, then was I in a deep sleep on my face, and my face toward the ground.”

—Daniel 10:9

See also Daniel 8:18

## TRUMPET SPEAKING

“There shall not a hand touch it, but he shall surely be stoned, or shot through; whether it be beast or man, it shall not live: when the trumpet soundeth long, they shall come up to the mount.

“And it came to pass on the third day in the morning, that there were thunders and lightnings, and a thick cloud upon the mount, and the voice of the trumpet exceedingly loud; so that all the people that were in the camp trembled.

“And when the voice of the trumpet sounded long, and waxed louder and louder, Moses spake, and God answered him by a voice.”—Exodus 19:13-16-19

“And all the people saw the thunderings, and the lightnings, and the noise of the trumpet, and the mountain smoking: and when the people saw it, they removed, and stood far off.”—Exodus 20:18

“I was in the Spirit on the Lord’s day, and heard behind me a great voice, as of a trumpet.”

Revelations 1-10

See also Exodus 31:18; 34:1; Deuteronomy 5:22; 9:10

## PART TWO

# THE SEVEN SPIRITUAL PLANES

### FOREWORD

The subject matter contained in this second part of the book dealing with the philosophy of mediumship was first given in a series of trance lectures in the years 1910-11. Since then it has been given in class work. Much credit is due to Mr. F. X. Yaeger of San Diego for the stenographic report of these lectures when they were repeated at Harmony Grove Camp in 1920. This stenographic report has since been read to the "guide" for additions and alterations. In fact, the entire book was read to the "guide" for correction before being given into the hands of the printer.

### INTRODUCTION

The following benefits are derived from a study of the Spiritual Planes.

First, the student learns how man gains a part of his spiritual experiences while still in a physical body. This is accomplished by the spirit leaving the body during sleep. (See chapter on "Meditation" and "Concentration.") Although the conscious mind does not always remember what lessons were

received, the lesson has not been lost to the spirit.

Second, the student learns not only to explain, but also to predict the actions of people.

Third, the student learns how to distinguish the various spirit intelligences which he contacts and to classify them according to their limitations and capabilities.

Fourth, the foregoing knowledge enables the student to become more tolerant towards his fellow travelers on the pathway of life.

Remember that man is a triune being, composed of a spirit, a soul, and a mind, manifesting through a physical body upon this material plane. In speaking of the planes we take them as man contacts them physically, mentally, and spiritually. Remember that man has forty-two distinct mental faculties through which he manifests in three ways: physically, through emotion; mentally, through intellect; and spiritually, through the awakening of his own spirit.

The planes are divided into seven divisions as everything else in nature; e.g. the seven primary colors, the seven tones in the musical scale, etc. These seven planes are each divided into seven subdivisions; the subdivisions are again divided into seven other subdivisions, etc., until a subdivision is reached which corresponds to the individual in question.



The planes are named as follows:

- I Being.
- II Creative.
- III Force and Power.
- IV Psychic or Sensitive.
- V Mental.
- VI Soul.
- VII Spiritual.

The subdivisions of the planes bear the same names as the planes. This will be illustrated in the following chart:

*I Being*

- 1. Being.
- 2. Creative.
- 3. Force and Power.
- 4. Psychic or Sensitive.
- 5. Mental.
- 6. Soul.
- 7. Spiritual.

*II Creative*

- 1. Being.
- 2. Creative.
- 3. Force and Power.
- 4. Psychic or Sensitive.
- 5. Mental.
- 6. Soul.
- 7. Spiritual.

*III Force and Power*

1. Being.
2. Creative.
3. Force and Power.
4. Psychic or Sensitive.
5. Mental.
6. Soul.
7. Spiritual.

*IV Psychic or Sensitive*

1. Being.
2. Creative.
3. Force and Power.
4. Psychic or Sensitive.
5. Mental.
6. Soul.
7. Spiritual.

*V Mental*

1. Being.
2. Creative.
3. Force and Power.
4. Psychic or Sensitive.
5. Mental.
6. Soul.
7. Spiritual.

*VI Soul*

1. Being.
2. Creative.
3. Force and Power.
4. Psychic or Sensitive.
5. Mental.
6. Soul.
7. Spiritual.

*VII Spiritual*

1. Being.
2. Creative.
3. Force and Power.
4. Psychic or Sensitive.
6. Soul.
5. Mental.
7. Spiritual.

As it is awkward to refer to the planes as, "The Mental Plane of the Plane of Force and Power, the planes will hereafter be referred to by number. All main planes having Roman Numerals; all subdivisions, Arabic. For example 5:IV indicates the Mental plane of the Sensitive plane; 6:II, the Soul Plane of the Creative plane, etc.

## THE BAND

The complete "Band" of a medium consists of seven "Controls." Each "Control" represents a plane. Each "Control" in turn is connected with seven "Helpers," etc. Thus we see that the com-

plete "Band" of a fully developed medium consists of several hundred spirits. To the human mind this arrangement would appear to lead to confusion. However, such is not the case. As a comparison let us take a switchboard having seven feed wires each of which carries an alternating current of a different voltage. Also let the operator have seven different pieces of apparatus, each of which will operate only on one voltage. It is obvious, therefore, that if the operator desires to draw current from a feed wire carrying 1500 volts to operate a machine that is designed to use 220 volts that he must transform this current. In order to do this he must employ a step-down transformer, one side of which is designed to receive 1500 volts and the other side to deliver 220 volts. If the operator desired to use this 220 volt current to run a machine on 110 volts he would again have to pass the current through another transformer. By this means he would be operating a 110 volt machine from a 1500 volt feed wire. In much the same manner the "Guide" of the medium uses his "Controls" and their helpers to "step-down" the information from the teachers on the higher planes until it is capable of being grasped by the human mind.

To further illustrate how the information is handed down from plane to plane we will take the case where the inhabitants of 6:VII desire to pre-

sent a religious teaching to the people of earth. (The student will note how the same teaching becomes a different kind of religion, although the central thought remains the same as it passes down from plane to plane.) The inhabitants of 6:VII would act as teachers to the inhabitants of 7:VI. (These planes are not touched by man while in a physical body.), they, in turn, would touch the spirits and a few people who had risen to 6:V who would give to humanity an intellectual religion. The spirits of 6:V would touch those people on 6:IV which would produce a very devotional religion; when the teaching had been handed down to 6:III an emotional religion would be produced. The student will note that the information can only be handed down through those who have a plane in common with the higher intelligence. In the first downward step the plane in common was the seventh; in the second and following, the sixth. Thus we see that the highest plane on which we live may be the lowest that our "guide" may be able to reach. Thus do the "guides" lift us upward on the path of spirituality. However, the reverse may happen and in this case, the lowest plane of the individual is the highest plane that the spirit has risen to. In this case we frequently see an intellectual woman for instance on the plane of 3:IV being entranced by a spirit on the plane of 4:III and the ridiculous phe-

nomenon of an Indian speaking broken English and using frightful manners speaking through a person that ordinarily uses correct language and has perfect manners. Thus we see that spirit "guides" may lower as well as lift us up. Therefore we should study the spiritual planes well, so that we can recognize from what planes our spirit forces come. If they are not from the planes higher than those upon which we live, it will be more advantageous for us to stop the communications than to encourage them.

The functions of the seven "controls" from the seven planes in the "band" of a medium are as follows:

PLANE	FUNCTION
I (Being)	Body guard, dealing with the physical health of the medium.
II (Creative)	Healing "guides," doctors, and "controls" who teach the value of foods and color vibrations.
III (Force and Power)	These "controls" deal in earthly things only. They give material messages, supply endurance to the medium, act upon the emotions and produce physical phenomena.



- IV    Developing "controls." Those who aid  
(Psychic        in the developing circle.  
or  
Sensitive)
- V     The "controls" on this plane are  
(Mental)       speakers, teachers, poets, artists and  
                 musicians.
- VI    These "controls" teach reverence, give  
(Soul)        invocations, and conduct the funeral,  
                 marriage, christening and all other  
                 religious ceremonies.
- VII   These "controls" give an inspiration  
(Spiritual)   of a pure spiritual nature. They awak-  
                 en spirituality in the medium and act  
                 as teachers when the medium is travel-  
                 ing on the astral planes. (See chapter  
                 on "Meditation" and "Concentra-  
                 tion.")

The entire "band" may be from one plane as in the case of an emotional medium whose entire "band" would come from the third plane. However, the "band" may be from various planes as 1:III, 2:IV, 3:IV, 4:IV, 5:V, 6:IV, and 7:V. The only requisite is that the subdivisions of the planes are from one to seven inclusive.

## COLOR VIBRATION OF THE PLANES

The color vibrations of the planes are as follows:

PLANE	COLOR
I	Brown
II	Purple
III	Red
IV	Green
V	Blue
VI	Yellow
VII	Violet

The subdivisions of each plane are of the same color as the main planes. The shade of the color of the plane and of the subdivisions grow lighter as the degree of the plane advances. For illustration take the plane of III which is red.

- 3:I      Brown blended with red.
- 3:II     Purple blended with red.
- 3:III    Red blended with red giving a decided red.
- 3:IV     Green blended with deep pink.
- 3:V      Blue blended with pink.
- 3:VI     Yellow blended with a light pink.
- 3:VII    Violet blended with a delicate pink.

When the third subdivision of a plane is reached, as 7:7:IV, and the spirit is ready to progress into the next plane, (in this case V) the shade

of color becomes so light that it is frequently mistaken for white. On the lower planes up to 5:5:III this lightening of the shade causes the spirit to appear clothed in gray; on the planes above, the gray gradually becomes lighter until it appears to be white. The pure white is seen only with spirits who have advanced to 5:5:V or higher.

By observing the color of the garment that the spirit is wearing one is enabled to tell from which plane the spirit comes and thus know immediately what to expect from the spirit. The predominating color of the garment denotes the main plane; the secondary color the division of the plane. Remember that the garment is never of one color; there are always two or more colors. For example the medium will see a spirit with a beautiful red gown trimmed with purple. This would indicate that the spirit was from the plane of 2 (purple):III (red). From this information the medium would immediately know that the spirit was a doctor on the plane of III and that he would use much force in his healing. Again, the spirit seen may be dressed in a yellowish green robe; this would indicate that the spirit was from the plane of 6 (yellow):IV (green) and had come to present a devotional religion. Sometimes it becomes necessary to resolve the color of the garment into its component colors, for example, a spirit clothed in orange. This, when

resolved into its component colors, would be yellow blended with red; or 6 (yellow):III (red), a religious teacher of an emotional religion. However, all spirits do not come in their colors. For when they desire to give a message they must appear as they were clothed on earth in order to be recognized. But all "guides," "controls," teachers, etc., appear in the color of their planes for they are produced by the colors of their auras. Those that show themselves garbed as they were on earth can only do so for a short time for their aura will force its way through any outer covering that the spirit may assume. By a little practice the student will be enabled to tell instantly from what plane the spirit comes and hence, know his capabilities and limitations. If, for no other reason than the ability to distinguish the spirits who come to communicate with him, the student would be well repaid for the time spent in the study of the spiritual planes.

In taking up the study of the spiritual planes, the student should always bear in mind the fact that an individual or spirit may manifest on many planes during the course of a single day. An individual or spirit ascends or descends through these planes and their subdivisions, as there is various work to do. For instance, whenever there is work to be done that requires physical exertion the individual steps to the plane of 3 (Force and Power); when healing

is to be performed, to the plane of 2 (Creative); when a prayer is to be offered, to the plane of 6 Soul; etc.

Nearly all people and spirits live their lives on one main plane and merely step to its various subdivisions as the occasion requires. The vast majority of people live on the plane of III (Force and Power): a small portion on the plane of IV (Psychic or Sensitive); and a few on the plane of V (Mental). The plane of 5:V is the highest that a mortal can touch and still remain in the physical body. A person traveling on the astral can reach as high as 2:VI.

## THE PLANE OF BEING

### 1 : I

#### BEING OF BEING

In the first plane, we deal with what relates to your body, your being on the plane in which you dwell right now, and on which you all must manifest. It is, in comparison, the plane of the little child that lives but does no thinking of its own; the machinery of its little body moves on because it cannot help it. On this plane, the power that manifests itself governs the inner consciousness. It acts independently of the objective will; it acts independently of your mind—we call this subconscious mind—involuntary action. We know the action takes place,



for instance, the beating of the heart, breathing, the digestion, and functions of the nervous system; we give all this no mental thought; it is independent of your volition. The first plane then, belongs to the realm of the body exclusively, and pertains wholly to the upbuilding and upkeeping of your physical bodies.

The "controls" from this plane look after the physical health of the medium. No messages are given.

The spirits on this plane are clothed in brownish gray.

## 2 : I

### CREATIVE OF BEING HEALING

Healing means the harmonizing of body with spirit; it means a gradual awakening of the mental forces of the individual. On this plane all things are created and brought into activity. When we turn the creative force of this plane into healing, we raise the physical vibration of the one who is in-harmonious. As sickness and disease lower the rate of vibration in the body someone bubbling over with vitality is needed to replenish it. But in order to awaken and intensify the constructive energies in your being, it requires an outside energy, the help of the spirit force. Through the strong force



of a magnetic person the vibration in the diseased body can be raised and thus the destructive forces are raised and changed into constructive ones. If the healer can harmonize with you magnetically, and with the spirit that endeavors to work through him, then will he be able to touch the forces of your being, and healing take place. The destructive forces of your being are overcome through the inflow of a greater force intensifying and building up that which is deficient. This is commonly brought about through the "laying on of hands," as it is called, because we here deal with magnetic healing on the plane of I. In this case we do not heal the Body through the Mind but the Mind through the Body, hence the relief may be very gradual. Abscesses and other inharmonies are in this way eliminated, and readjustments are brought about through Magnetic Healing by means of physical contact.

The "controls" attracted on this plane are the body guards, those who look after the physical health of the medium.

The spirits on this plane are clothed in brown blended with purple.

### 3 : I

#### FORCE AND POWER OF BEING

On this plane people dwell in all the various manifestations of force and power. Here we use

force and power to overcome some of the conditions in which we may find ourselves. In the first plane, Might is Right; Might to overcome the weakened condition wherever found. It is here that we find the Darwinian theory very much in evidence, the survival of the fittest—the strong will overpowering the weak. It is the plane where, if you are hurt, you retaliate and hurt the one that hurts you. Here then, we find the beginning of war; the supremacy of might and strength and power.

The “controls” from this plane are those who use the body of the medium forcibly, for example they cause the medium to go through contortions during the process of entrancement. The “controls” do not use the medium intelligently, they merely use the force. They commence the drawing of the force necessary for the production of physical phenomena. No messages are given.

#### 4 : I

#### PSYCHIC OR SENSITIVE OF BEING

This is the plane where sensitive and psychic children dwell. We here can understand why sensitive children should be dealt with kindly and not harshly. In place of gruff treatment and continued fault finding, we should reason with them, and touch their little souls instead of their bodies. We should speak to them in a kindly tone of voice and try to

gain their confidence and not punish the body, thus antagonizing these little ones; if we do this, we lose ground, and instead of rising, we slip further down. What a foolish idea to say, "I must hurt it, otherwise it will never mind me."

Here you have been ruling through fear. (This world has always been ruled through fear.) This is wrong as you cannot reach the Mind through the Body; only Mind can reach Mind. The body is only a tool of the mind. We need not reach the mind through the suffering of the body. If the mind is awakened and the soul senses are aroused, we must govern well our voice for the tone of the voice may hurt more than physical torture. Resentment throws the child back onto the third plane. It will strike back at you and will return evil for evil, if not in deed, at least in thoughts and intentions. These thoughts bound and rebound until you are repaid for the wrong done to the child. It is also on this plane that we can train animals by just being kind to them. In this manner, you can do anything with them; but not through the fear of being punished. If animals were dealt with more kindly, they would do what is wished through desire and not through fear of being punished. We can see on every hand the results of kind or harsh treatment of humans as well as of animals.

The "controls" from this plane are those who

begin the taking on of conditions for the purpose of diagnosis. No diagnosis or message is given.

The spirits on this plane are clothed in brown blended with green.

## 5 : I

### MENTAL OF BEING

On this plane the mind of the child is awakened, and it begins to think and reason out things for itself. Here we find minds that are governed by fear and superstition that do not think and reason, that judge everything as being against them. Reason is awakened and, in its awakening, it partially overcomes fear and awakens the faculty of kindness. Thus does the little child begin to learn to "Do unto others as we would that others should do unto us." Most of the physical activities on this plane are done from instinct rather than reason.

The "controls" from this plane begin the impression of thoughts on the mind of the individual. No messages are given.

The spirits on this plane are clothed in brown blended with blue.

## 6 : I

### SOUL OF BEING

This plane commences the awakening of the soul and reason of the individual; and we are prompted to pray. It is here that the soul first

makes even the little child pray, where man begins to ask for something higher than what he is seeing around and about him, something greater than himself. When this plane is touched, a recognition of a power greater than man is awakened in the individual. On this plane people have those religious tendencies awakened that slumber even in the savage heart: a longing for something higher and better than themselves. This can help us when we cannot help ourselves; we then ask assistance in our climb towards perfection. It is here that the first thought dawns upon us of a greater good that surrounds us, of good and harmony; and here it is that the child first begins to realize something higher within himself. Many conversions are wrought on this plane, conversions, in a religious sense, a saving religion, but the spiritualists cannot accept this, for religion has heretofore dealt with the people through fear.

The "controls" from this plane prompt the medium towards reverence, prayer and devotion. No messages are given.

The spirits on this plane are clothed in brown blended with yellow.

## 7 : I

### SPIRITUAL OF BEING

This is the awakening of your own spirit, of that something within you that prompts you to do



that which is just and right towards others. It is that first awakening of that within man which lives on and on; which prompts the mind that there is more in this universe than you can merely see. You are a part of this force. It is here that children are prompted to receive dreams, for they cannot do this until the mind is awakened to the consciousness of the spirit. Even in the young child spirituality is awakened within, during certain hours of the day, when they are on this plane of manifestation. It is up to them to dwell and act along the line of least resistance. The child's mind here depends on the older people that surround it. Here the spirit is awakened to love; to give unto others of itself; and as we give so shall we receive—Love. People often confound love with affection. We are often mistaken in our senses. We trust the eye, because what we see is beautiful; we feel magnetically attracted toward another, and we call it love, but it is nothing but affection.

The "controls" from this plane awaken the spiritual force within and bring harmony to the medium.

The spirits on this plane are clothed in brown blended with violet.



## THE CREATIVE PLANE

## 1 : II

## BEING OF CREATIVE

This is the plane of the builder; here the body is built and created. It is the soul creative force which acts in the individual that sees to it that every particle of food is put in its proper place and order. Your body is composed of little cells each one of which is governed by a separate nerve center. These nerve centers are formed into groups, and these again are grouped into larger groups, until we find that we have a perfect system in the body for the various functions. We have, then, a system of digestion, of assimilation, and absorption, that see to it that only those elements are taken into the body that are upbuilding. When people have an aversion to certain foods it means that their system is supplied with the elements which that food contains. On the other hand, people frequently have a craving for a certain food, which means that the system is deficient in the elements found in that food. People would have better health if they followed their natural cravings for food in deciding what they should eat instead of eating certain foods just because they are easy to prepare.

Then there is another system for the purpose of taking away all the impurities, all of the waste

matter out of the body. When these two systems work in perfect harmony we have health. But when we deprive one system of complete and perfect operation, when they do not work in harmony, then the system becomes clogged in parts; and just as, when the flow of a stream is impeded, it causes an overflow; so when your body becomes clogged, the life force is diverted, and you have diseases, fevers, etc.

Little children and old people whose minds are filled with the fear of their well being dwell on this plane. As the mind of those who are on this plane is filled with fear, which shuts out the trust or faith of the individual in their own powers, when these people are ill they do not try to help themselves but only cry out to attract the attention of others. We frequently find the grown people who are on this plane dependent wholly upon the nurse or doctor.

It is on this plane that the child draws to itself the substance that builds its body. A child that is nursed is stronger than the one that is not, because it receives the "love force" that radiates from the mother's aura. It is because of this "love force" that a mother can do more for her babe than anyone else. This is why the real mother, a woman who radiates a large amount of this "love force" from her aura, will have a strong fat baby, although she herself may be of a very delicate build. On the

other hand, a large fleshy woman of the selfish type may have a very sickly child.

The "controls" from this plane are the first that are enabled to bring the healing force and draw to it the magnetical currents from the individual. No messages are given.

The spirits on this plane are clothed in purple blended with brown.

## 2 : II

### CREATIVE OF CREATIVE

Children as well as adults who are sensitive to touch and those who feel the conditions of others dwell on this plane.

Here the healer comes in touch with his patient. When we are sick there must be inharmony in some organ of our bodies. Through overeating, through some other excess, or through excessive exercise, we may have violated some law of our being. Imperfect digestion will always cause disease. Merriment at meals is a great aid to digestion. Laugh when you eat. What good does your best meal do if it is poisoned by quarrels and faultfinding?

What happens when we place our hands upon another? (We can here deal only with magnetical healing through contact. Physical contact is necessary because the healer on this plane deals with devitalized individuals.) The desire of healthfulness

within us stimulates within us the flow of magnetism from our hands,\* and intensifies the vibrations all over the body. The "control" that draws near us, draws the magnetic aura of the healer towards the patient to supply the lack thereof in the latter's system. Hence, if the healer is not feeling well himself, or is in great trouble or has the same ailment as the patient, the treatment will do no good.\* If he has a bad stomach, he may treat the head, but not if he has a headache himself. For when his own aura is discolored, (See chapter on aura.) when his forces are depleted, he has nothing to give, and may even take unto himself the little that the patient has;

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\*The healing "controls" use three distinct emanations through the hands of the healer:

1. The "magnetical," drawn from the magnetical aura of the healer. When too much magnetism is taken the healer feels depressed.

2. The "electrical," drawn from the atmosphere and vitalized by means of the nerve energy of the healer. This emanation is used to stimulate the nerve energy of the patient. When too much of this energy is used the healer feels nervously exhausted.

3. The "vital energy," drawn from the mental aura of the healer. When too much of this energy is used the healer feels exhausted both mentally and physically. This frequently produces headaches.

\*In mental and spiritual healing the healer may heal a patient with the same ailment as himself as magnetism is not used. If a perfect blending of vibrations takes place the healer and patient may both be healed of the same ailment simultaneously.

he cannot give the life that he has not. Never attempt to heal another of the same disease that you have yourself. Thus it happens that a healer may help one but not another. Never attempt to heal people when you are not in the best condition yourself. A healer can never heal all classes of people. He should be careful of his diet, not use any stimulants, and have a clean mind.

Here we give of ourselves. Oftentimes while just sitting near someone you find that you feel so good; while in the company of another you say, "I feel so exhausted." In the one case you were positive and drew all the energy to yourself; in the other case an excessive amount of vital energy was drawn from you. Some people make a practice of sitting near certain people in order to draw from them. One must be able to protect oneself from such vampires. You can do this by taking a deep breath and thus changing the vibrations. Raise your vibration and close yourself in (See Position of hands and feet) and no one can harm you. We can help others without injury to ourselves. It was never intended that we should give more than we can spare. This power is transmitted by putting on the hands, through magnetic and spiritual force.

The "controls" from this plane are those who heal others: the healing "controls." They do not diagnose; they use the healing force but do not tell



of it. The hands of the healer will be directed to the afflicted part but the healer does not diagnose.

The spirits on this plane are clothed in pure purple.

### 3 : II

#### FORCE AND POWER OF CREATIVE

All people who use any outward application of force and power to heal the body, such as surgeons, dentists, osteopaths, masseurs, etc., step to this plane during the time they are giving their treatment. However, after the treatment they may rise to another plane.

The people on this plane frequently have nightmares and hideous dreams. These are caused by a force from the other side trying to relieve itself of the condition in which it passed out. Oftentimes the person awakens feeling exhausted on account of the strength that the force has drawn to itself.

On this plane we find that we must have a great deal of force and strength in the healer as well as in the "controls." In some cases, but not in all, it may be necessary to use manipulations. Here is where the power of the Indian "controls" appear. They do much good work, although they do it in a forceful manner. In reality it makes no difference how the work is done so long as the "controls" are true to the medium. Adhesions and growths after



incisions and operations require a great deal of force and power. Sometimes strong manipulations may be absolutely necessary, and at times even a good pounding. But the right way of healing is the quiet, easy way, which raises the vibration of the body higher.

On this plane of healing, especially in swellings and fevers, you will find that the "controls" demand cold water. The hands of the healer become swollen and covered with a reddish brown substance, which will discolor the water. Cold water is used for cases of fevers and swellings; hot water for abscesses and infections. Always wash the hands after treating one of the above cases in order to prevent the poison from entering your own body.

The "controls" from this plane are very positive in nature. They deal only with the framework of the body, such as setting bones, adjusting misplacements, etc. These "controls" begin to diagnose in a limited manner. No messages are given.

The spirits on this plane are clothed in purple blended with red.

#### 4 : II

#### PSYCHIC OR SENSITIVE OF CREATIVE

The sensitive sympathetic children and adults, who truly sympathize with another, dwell on this plane. These people diagnose by taking on the con-

dition of the sick person. For example, in the case of twins who blend in perfect harmony with each other, if one is taken ill the other is taken with the same malady. This perfect blending on the sympathetic plane is well illustrated in the case of a husband and wife where one passes out a short time after the other.

It is on this plane that the healer takes on the condition of the patient; and while at times annoying, it is the best and surest way to diagnose a case. It is the correct way, and no mistake is made because the healer feels the sickness of his patient. This form of diagnosing a case is very valuable especially in the case of little children, as they cannot tell the healer what is the matter. In their case healing may be accomplished without touch, for it would be very wrong to use cruel, harsh methods on babies. Should your magnetism be antagonistic to them, the children will shrink from your touch. In this case give place to another healer, and do not torture the little ones. How often do even mothers and grandmothers make their babies scream—a father can do nothing with his own child. The cause of this is that the magnetism of the person is too low in vibration for the child and as it has no other way of protecting itself, it cries. But it may readily jump into the arms of a ragged tramp, because his magnetism is just right. How often one

changes his seat in a theater or church after he has taken his seat beside a certain individual. So, too, a child may play with another child or it may not. Because June and July children are the most sensitive and strangest of children they are the hardest to raise. All this comes from their high rate of vibration. In later life they become touchy people.

When the sensitive people on this plane become ill, the flowers that are brought into the sick room may greatly displease and annoy the patient. Everything in nature acts according to vibrations. So yellow flowers, such as dandelions, etc., may be just the plants needed and will act as a medicine because there is a deficiency of that color in the system. In this case, the patient craves yellow flowers. Again, the patient may want purple, light blue, pink, or green flowers and but little white. When a bouquet is presented, never mix the colors but keep them separate. Take away those colors that are not wanted. Colors may help or hurt us, the same as a strong breeze may hurt us through touch. When the patient is deficient in a color, we need to supply it. The color is best supplied by means of flowers. Should the flowers irritate the patient, they must be taken out; for it is not a mere whim, but a call of nature as the vibrations of the color of the flowers are unsuited to that patient. It will also be noticed that the water in the flower vase will be absorbed,

especially in the case of fevers; for the "controls" draw upon the water to allay the fever. It is well, therefore, to examine the vases at least twice a day. The "controls" may even take all the water from the vase and wither the flowers to such an extent that they turn dark and appear seared, but you will find this a rare case.

White flowers can scarcely be used at all. As white is the composite of all colors, it raises all vibrations by trying to get them to combine to form white. You will often hear a patient say, "Take these lilies away, they remind me of a funeral."—and you meant so well. It is not because they do not like them, but because at this particular time they cannot use them. Even the bed covers and hangings are sometimes antagonistic, and patients have a certain grudge against them, as a quilt, or rug, etc., because the color hurts them. Rarely place red near the bed, but rather yellow and blue. Blue is really the best as it quiets the nerves; when the circulation is poor use red as a stimulant as it inflames and intensifies. Remember that the use of color in healing applies in all the following planes.

Music, soft low music is very soothing to a sick person on this plane. This explains why a mother sings her babe to sleep. In fact, soft singing will frequently put a person to sleep when all other methods have failed.

The "controls" from this plane are very gentle in contrast to those from 3:II. With these "controls" the giving of messages begins. They do not give material messages but only those messages which would be comforting to a sick person.

The spirits on this plane are clothed in purple blended with green.

## 5 : II

### MENTAL OF CREATIVE

Suggestions made by the people on this plane are carried out in the sick room. They are the real mother, nurse, and physician. Their very presence in the sick room instills confidence in the patient. Their voices are calm and soothing. They have the gentle touch that brings about the cure. For example, a mother picks up her injured child and tells it that she will kiss away the hurt and lo—the child stops crying.

On this plane it is not absolutely necessary to place the hands on the patient; it is sufficient to tell him, "You are well." Here we begin the suggesting of mind to mind. We awaken the body through the mind. Mind has everything to do with the body; for "As a man thinketh in his heart, so is he." You are sick or well, according to your thoughts. According to the degree of intensity of thought you can set



in motion either the constructive or the destructive forces of your being.

We are too prone to lay everything upon heredity. Why should you have consumption because your grandfather died of consumption? The sense of fear is the cause of nearly all sickness. You may inherit your father's money and property, but not your father's consumption. Do you realize that after a few months you are independent of your parents? You build up your own body through the food you eat. To the extent that you have fear in your mind, will you be dominated by the inheritance of your father. The fact that your father had rheumatism has nothing to do with your welfare. But if you eat the same food that your father ate, place yourself in the same surroundings and the same mental attitude, you will awaken the same disturbances in yourself. It is the same way with habits. Because your father had a bad habit is no reason why you should be afflicted with the same. The thought that we awaken in the mind, constantly suggests the very thing that we are doing, although our parents' habits have had nothing to do with it. Disease is hereditary only in so far as we are governed through the fear of catching it, and we impress this fear upon the mind of the child even before it is born. But remember that everybody builds his own body. Food builds your Body; Thought,



your Mind. We all have had the experience that we have craved certain foods, such as pickles, toast, etc., at a particular time. This craving is caused by the body requiring the certain compounds that the various foods contain. If possible, always satisfy your cravings for a particular food. In this way you will supply the body its needs and will consequently keep in good health.

We should be very careful of what we say to our patients, for they come to us to be benefited and they have left their minds open, ready soil in which to plant any seed. Never talk to your patient about his sickness; suggest only happy thoughts; always let him go away feeling encouraged. Be positive and you will effect at least relief, if not a cure. Wonderful is the power of your mind over the mind of another, and likewise, the mind of another reflects upon your body. We should also pay special attention to how we greet each other: never tell one another how bad we feel; but rather how good we feel. By remembering each other's good qualities and being happy, we can create health, and disseminate healing. This mental healing is done only when the patient is before you and can hear your voice.

In telling how good you feel instead of how bad, you are awakening the creative forces in your body and creating the condition you wish to be in. This suggestion of how good you feel enables you to

heal yourself. In this way you are constantly improving yourself. Never state before a child, especially in company, how bad he is but rather enumerate his good qualities. For if the suggestion of badness takes root in his mind it will make the child worse. The same is true of yourselves. If we constantly enumerate our shortcomings we will soon reach a state of utter helplessness. Emotion is aroused or awakened by another; conditions are made by yourself. Hence you are what you will to be.

The "controls" from this plane begin treating the mind for mental disturbances such as, obsession, nervous prostration, etc. The "controls" from this plane give messages telling in what condition the departed friend passed away.

The spirits on this plane are clothed in purple blended with blue.

## 6 : II

### SOUL OF CREATIVE

The soul powers that assist in the healing process are called into operation on this plane, and in this case the individual may be far from you. We must first desire to be helpful before we can come in touch with this power and before the spirit can draw upon it. If you touch the soul of your patient and your magnetical and mental vibrations blend

with his, instantaneous healing takes place. Children are more often healed instantaneously than adults because they are more sensitive. This healer, to be successful, must be of a kind and loving disposition, and must send out love with that power that is being taken from him, so that it can blend with the soul power of the patient. Cures of this kind are just as miraculous as cures with contact.

When you are treating at a distance, never think of the disease of your patient, always picture him as being well. Say, "You are better. You are well now." Not; "Your heart, or stomach is better, but *You*." Be careful when you send a thought that it be as you desire it to be. The last stage of the "Silence" corresponds to this plane. (See chapter on the "Silence.")

The "controls from this plane are gentle in manner. They give absent treatments, and also heal through the attitude of prayer. They awaken reverence in the individual. No messages are given.

The spirits on this plane are clothed in purple blended with yellow.

## 7 : II

### SPIRITUAL OF CREATIVE

On this plane the spirit of the individual is awakened to build the body. This power can build additional brain cells for new studies. Here the

desire to help others and to pray for the sick is awakened. This desire puts healing power into the food that is brought to the sick person. On this plane we find pure spirit healing. Your own spirit can travel to the sick one, and with the assistance of spirit teachers heal him, even without your knowing it; he may actually see you at his bedside, and tell you so afterwards. Nearly every healer has had this experience. Spirit healing is frequently done by the higher spirit forces without your conscious knowledge. In this way you help those spirits who have come into the spirit world through suicide into light. You do not plan it, you do not know it, but still you do it. It is good practice, if, on going to bed, you relax and pray: "If I can during my sleep, be of any help, I am willing to do so." And be assured that your "controls" will never desert you, will never draw too much on you, and you will be of service to humanity. This service will not interfere with your rest and sleep. This plane commences the astral traveling of the individual. (See "Meditation.")

The "controls" from this plane are of a spiritual nature. They heal the spirit. They bring the individual into a spiritual awakening. These "controls" diagnose the patient at a distance.

The spirits on this plane are clothed in purple blended with violet.

## III

## FORCE AND POWER

We all live, at some time in our life, on this plane, for we cannot rise to the fourth plane until we pass through the third. We sometimes are so in love with this plane that we wish to remain here all the time, without the least desire of ever going any further.

## I : III

## BEING OF FORCE AND POWER

This plane is concerned with your dealings with your fellow man. On it dwell people and children who have no thought of other people's feelings, their only object being to satisfy the cravings of their own being, through passion, grief, and selfishness, and through any other faculty that assists them in the well-being of their own bodies. These people do various things without thought of causing any ill feeling; it is merely done "Because I want it;" and because, "I want that to be done." Kindness does not enter here. We find here not only children who have not been taught unselfishness, but also grown-ups who demand: "I must have this," "I must have a home and everything that contributes to the well-being of the physical body, nothing less than this will satisfy me." We all dwell on this



plane during some part of our lives. Here we find those who shirk their duties; those who love to see others work while they sit idly by. They want others to work for them. Upon this plane dwell all extremely selfish people.

The "controls" from this plane use force and power simply to affect the body. For example, they cause the medium to go through contortions. They begin transfiguration and impersonation. They do no speaking.

The spirits on this plane are clothed in red blended with brown.

## 2 : III

### CREATIVE OF FORCE AND POWER

Upon this plane we find the people somewhat sympathetic but more apt to pity than sympathize. These people in entering a sick room are apt to say the disagreeable things that irritate the patient. Instead of sympathizing with the patient they are apt to say, "Well, you did it!—Now suffer." When people on this plane become ill nothing short of medicines, massage, etc., all outward forces must be used to cure them, because their mind has not been awakened enough to believe such a thing as curing a person with a magnetic treatment or suggestion is possible. Thus we see that there is a



certain class of people to whom the finer methods of healing do not appeal.

We come in contact with a forceful healing power on this plane. This healing is done without a great deal of reasoning. Great good can be accomplished through this method of healing although it employs a great deal of physical force. A little fear and just a little doubt of their ability to heal the patient may enter into the healer's mind on this plane.

The "controls" from this plane are healers who use an excessive amount of rubbing, slapping, pounding and rough physical treatment in their healing.

### 3 : III

#### FORCE AND POWER OF FORCE AND POWER

This is the realm of the selfish person. The plane of dominating others. All of the qualities of the lower planes are intensified on this plane. Here also is the beginning of the unfoldment of the mind. All greed, discords and battles are found on this plane. Cruel people, labor unions, robbers, thieves, etc., all those who use force to accomplish their ends, and also the quick tempered people manifest here. Whenever you inflict pain, such as punishing a child, striking someone, etc., you slip to 3:III. If one takes pains to observe the people of this

plane he will find that they are troubled with sharp shooting pains such as are caused by, cancers, tumors, neuralgia, etc. These ailments are caused by the person eating food after hating or being mad and as a consequence their blood becomes poisoned. All destructive habits such as drinking, smoking, swearing, etc., are enjoyed by the people of this plane.

“Black Magic,” or the utilization of the destructive forces of nature to produce unhappiness, sickness, obsession, to torture the body of another, etc., is sometimes used by the selfish people of this plane after they have had a slight insight into the power that can be transmitted from one person to another. *Never utilize this power for any other purpose than that of healing the sick.* If you should be tempted to use this power to transmit a destructive force to another, rise above the temptation. For, once you have contacted the spirits who will help you in your malicious deed, you will find it almost impossible to shake them off. As surely as the sun will rise on the morrow, just so surely will you suffer the torments of hell and perhaps become insane, if you attempt to pervert one of the Divine forces for a selfish end. Remember the Divine Law of “As you sow; so shall you reap.” “He that does evil knowingly will himself be destroyed.” Remember that this power of “Black Magic” cannot harm

you if you do not dwell on this plane. "You can be in the world but not of the world."

This is the realm of the selfish person. A selfish person is one who desires to hold all things to himself, who wants to make all things subservient to himself. A selfish person is generally jealous; he cannot see anybody love or have anything that he has or loves. This jealousy is the mother of hatred, and hatred begets murder. "First we must be selfish in order that we may claim everything for ourselves." cries the selfish man. "How else can we prosper and gain the desirable things of life?" But we find by observation that the unselfish person prospers and gains the desirable things of life with less effort than the selfish person.

We see this selfishness, hatred and jealousy about us in our daily lives. Husbands are jealous of their wives; the wife hates her husband's friends, etc. If one shows another a little kindness and consideration, it is soon objected to; if she evinces a little affection towards anybody else, the husband will quickly remonstrate, and will not allow his wife to smile on another, even a friend—though only in kindness. We find this sad condition even among mediums.

How quickly there is aroused in us the sense of possession. We should try to ward off these thoughts, these antipathies and jealousies, and

should not say unkind and angry things. We should never object if anyone in our family shows affection toward another, because if we continue in this particular frame of mind, we will arouse hatred against the individual that has prompted it; and if that hatred is intensified over and over again we will then plan to injure that individual. Thus we plan all manner of things, depending on the mental attitude of our mind toward the other individual. Yet, though we still dwell on the lower, animal plane, there may be a touch of kindness in us; some little touch of love; if there is, hatred will soon cease. We would injure the other individual if we could, but we would not lay hands upon him. However, if we are on the lower order, then we will be ready to fight; there will be nothing too low, if we can only injure him whom we think has stolen from us the affection of the one whom we say we love. This explains the cause of quarrels and divorces.

On the lower planes the animal passions are excited and unless you possess self-control you will be carried away by them. If you have any dealing with a jealous person, who dwells on this lower animal plane and who manifests more passion than reason, beware of him. Such a person will work a long time to perfect his revengeful plans, and long after the injury should have been forgotten, he will secure his revenge.

Some in this plane "just see." They want to see if their loved ones talk with another or smile on another. "See there! They're talking about me!" It is the selfish person who always supposes that other people are talking about him. It is always an up-hill road to travel with such a person, whether he be a relative or friend. Especially is this the case with sensitives, and those who are spiritually unfolding. This is why so many mediums are unhappy. A medium must dwell with a husband who cannot bear to see her visited by another, and cannot see her in anybody's company. The husband claims sole possession of his wife's affection. She must meet the demands of her husband; and if she should minister in duty to others, he will plan in every possible way to place obstacles in her pathway, in order that he may have her wholly to himself. Thus the jealous husband may plan injury on even a multitude of people, and when he cannot do that, he will do all the unkind things he can to make life almost unbearable for her. If they do not quarrel, it is because she gives in and suffers in silence. But in the majority of cases they are liable to fight, and come very near a physical combat. This is the reason we find so many divorces among mediums.

A quarrel is always the outgrowth of selfishness. A selfish person is always one that will readily take from another. There is but one step from



selfishness to theft. The thief cares not how he hurts another by his theft. Although a selfish person can be most dishonest, he may still have a streak of kindness in him. He will do almost anything for himself, anything that may procure for himself physical welfare, no matter how obtained, even though it might work a hardship on another. "I am going to get that thing, whether it is right or wrong. It is my demand, and it must be satisfied at all hazards." Remember, then, that this selfishness is carried into three planes, the physical, mental and spiritual, and prompts the individual to satisfy his demands irrespective of consequences. We have a splendid example in all public persons. Kings and Queens have been and are yet selfish persons. Their subjects always must bow to them. They demand that all must be submissive to them and bow to their commands. The same is true of all generals and great leaders who must be uppermost in the realm of affairs. These leaders who dwell on the third plane are exceedingly selfish. Yet there is another class of leader who awakens in you a desire to serve, and a desire to please.

On this plane originate all quarrels and wars. Enemies cannot exist on any other plane. Here envy is born, together with malice, hatred, and murder. Selfishness and jealousy flourish in this fertile soil. Selfishness begets jealousy, and jealousy begets



hatred, malice, and envy. Hatred is the road to murder. This is the division line: on the physical plane we have theft and murder; on the mental plane we have envy and malice. These beget scandal, where it is not intended that your body be hurt but that your mind be tortured. Scandal is usually found to be but a fabric of lies. On this plane dwell all people who exaggerate, those whose thoughts run along imaginative lines, and who are given to falsifying. When you are passing through this plane it is up to you how long you will stay here. Some prefer to live on this plane all their lives.

Each time you gain a victory over self you rise a degree higher, and you weaken the desire and strength of the habit; and with a strengthened will you go into the higher plane. We are all tested daily; life is a continual combat for the supremacy of one of two forces: the constructive or the destructive. If you have learned your lesson, then nothing touches you on this plane of three. Do not desire to take that which does not belong to you. Refrain from retaliation. Ward off all evil thoughts. Do not harbor all thoughts that pass through your mind.

The people who dwell on this plane delight in bringing discord into other people's lives. They are unhappy themselves, and cannot bear to see anyone else happy. They hold the key to happiness in their

hands, but they will not use it to open the door. As these people delight in being unhappy, do not combat them. You are no part of them. Do not allow them to hurt you. Learn to live above them. "You can be in the world but not of the world." No one can be jealous unless he is selfish first. Then there is but one step to hatred in their mind—a desire to tear down; then the thought is materialized into action. Don't quarrel with them, nor give them any cause. Don't give them any satisfaction; rise above their plane, for it always takes two to make a quarrel. When they have no one to quarrel with they will have to keep still for they cannot quarrel with themselves. "Under all circumstances keep an even mind."

What another does is nothing to you; for you have your own life to live, and your own responsibilities to bear; you must follow your own path according to the desire of your mind. Follow the prompting of the Divine Spirit; obey the admonitions of your "guide," and see that there is no unkindness within yourself. You may intensify, but you cannot create conditions; for there must be a point of contact between you and the other party. If you are mad at another, then there must be a point of contact so that the feeling can be intensified. Remember, if you desire a life free from cares and quarrels, to rise above this plane as soon as possible.

The "controls" from this plane are selfish and will intensify the selfish tendencies that they find in the medium. These "controls" frequently ask for gifts for their medium. They produce raps, levitation, apports, table tipping, in fact, any phenomena that requires a great deal of physical force and power and not too much intelligence. They cannot produce materialization, etherealization, etc., as these phases of mediumship require a great deal of intelligence on the part of the "control."

The spirits on this plane are dressed in red blended with a little black. For illustration, an Indian "control" would appear in a red blanket with black stripes.

#### 4 : III

#### PSYCHIC OR SENSITIVE OF FORCE AND POWER

The "touchy" people, those whose feelings are easily hurt, who carry a "chip on their shoulder," those who always suppose that people are talking about them and the inquisitive people who are always prying into other people's business live on this plane. Here, too, we find the heads of religious organizations that hold their own people down through fear and mystery. In fact, we find the heads of all organizations that wield power through authority and fear such as political, religious, financial, etc., on this plane. Detectives and criminal

lawyers also dwell here. Intensely sensitive children; those that are always getting hurt and also the strong willed children that always want their own way are on this plane. In order to bring out the best in these children, gentle instead of brutal treatment must be used; they can be led, but not driven.

Jealous mediums, those who envy the success of another, live here. The spirits that these mediums attract are also jealous of their powers. They may produce excellent phenomena at times and then suddenly refuse to produce any. Then, if the medium is not honest, he will resort to trickery to satisfy the public demands. Thus we see how a medium may be branded as a fake by some people and at the same time be considered a wonderful medium by others. There are two reasons why the mediums on this plane are extremely jealous; first, they are jealous themselves; second, their jealous "controls" intensify this jealousy which they find in the medium.

This is the plane of physical mediumship. The "guides" must come into physical and earthly vibrations in order to produce the various phenomena. Physical mediumship demands greater sensitiveness of the physical organism than mental mediumship. The body of the physical medium must be capable of raising its vibrations to that of the "control." Physical mediums are easily upset and agitated—

they are not stable. They seek change because they are seeking harmony when there seems to be none around them. No one on this plane is harmonious. They flit from one mood to another, and for this reason, physical mediums are liable to get into all sorts of trouble. Although it is necessary for all mediums to take great care of their bodies, physical mediums must take exceptional care of their bodies as the amount of "vital energy" that is being drawn from their physical organism to produce the various phenomena is dependent upon the harmony and health of their bodies. Especially is this true for trumpet, materialization and apport manifestations. These draw upon the magnetic energies of the whole body but mostly from the solar plexus, heart and stomach. Physical mediums should eat no heavy meal before a seance, and wait at least an hour after the seance before partaking of food. Because they are always in a nervous tension, physical mediums need plenty of rest and sleep. Hence, a physical medium should not hold more than two public circles a week. Many physical mediums break down in health because they try to cater to the demands of the public and exceed the limit of two circles per week. We also find mental mediums on this plane in their objective phases. They are extremely sensitive and inharmony affects them very much. On the higher planes we learn that inharmony will not af-



fect the medium. While we require good conditions for all manifestations such as, good health in the medium and kind thoughts from the sitters, etc., the conditions for physical manifestations are more exacting than any other kind of phenomena.

You may *develop*, but you cannot *create* a phase of mediumship. There must be a point of contact between yourself and the spirit. If you are musical but have never studied music, the "controls" can use you because they can find perfect time and tune in your soul. They can give you such inspiration in music that you may be called a genius. Similarly the "controls" can give you poems, drawings and paintings. Remember that the particular art must be grounded in you. You must be endowed with the artistic talent. This holds true for entrancement. You can never be entranced unless there can be found in you a point of contact. The same is true in healing. There must be that magnetic blending and harmony in your body and soul before you can vitalize another. If it is not in you, you can never be a healer. This is true of all phases of mediumship: (especially in trumpet and materialization) the faculty must first be in you before the "controls" can produce the phenomena. Remember that the "controls" can only intensify the faculties that you possess. What phase of mediumship you possess



depends on the physical, mental and spiritual aura of yourself.

If there are people that blend together in harmony, they have a right to be together; if husbands, wives and friends find some one with whom they are in great harmony along certain lines, they have a right to live in that harmony. You cannot stop the flow of thought. A mother of eight children certainly would not love one to the exclusion of all the rest. She loves them all, though they each have a different disposition. Each child brings with itself its own love, and the mother will not deny to one child the love she owes to all. She will not hate one child to the exclusion of all the rest. Similarly each friend awakens within you that which no one else can waken. You have a perfect right to blend and harmonize with one another. No one can live entirely to himself. Everyone has a friend whom he loves more, in a sense and measure, than any relative, because there is in that one something that fills in his heart a long felt want; there is something in him that does respond and is in perfect harmony with himself. You need not do anything wrong, nor hate your husband, wife, or friend for that.

We are all necessary to one another and we will meet when the time is ready for such meeting. We often wonder why a certain individual comes into our lives just at one particular time; comes across

the pathway just at the right moment. It was because you needed him and he needed you, thus many beautiful friendships have been formed, friendships without discords. Yet, after a long time, you may drift apart without any apparent cause; one goes one way, the other, another. You seem to be less friendly, and other individuals enter your life. You have given each other all that was to be given, therefore, are you slowly drifting apart, just as you drifted together in the first place. You came together to awaken certain faculties in each other. If one is a selfish person, they will soon begin to distrust and suspect, and the parting may be most unpleasant. But if both are congenial they will drift apart with a smile and good wishes for each other. It is the same in the spirit world. You may have today certain "controls," but when you rise a step higher, others will take their places and the former go onward. We are not forced upon each other; we meet to teach one another certain lessons. How beautiful the Divine Law acts for man's upliftment! We fill each other's lives until we evolve to the next plane; then we separate. (A life long friend indicates that the friend and yourself have evolved your various faculties at the same rate.)

In the spirit world only soul harmony counts. Children and parents are not always together in the spirit world, only on the planes where they dwell

and blend. It is the same as in the home on earth: father goes to work in the morning; the oldest son and daughter go to their labors, and in the evening they meet again. In the spirit world we all unfold on our own plane. A husband may have had four or five wives and be happy and in harmony with all of them, and again he may never meet any of them. On earth we are bound and tied together even though we have mentally and spiritually drifted apart from our companion; in the spirit world we separate as soon as we advance to another plane. When individuals have lived together for many years in perfect accord and one passes out, the other soon follows.

The "controls" from this plane are sensitive and have a tendency to selfishness which awakens the selfishness within the individual. These controls give accurate descriptions of the events which have transpired in the life of the individual. They are very positive in their assertions and are deeply hurt when contradicted. The "controls" bring objective clairvoyance and produce the simpler forms of physical manifestations, such as raps, lights, levitation, etc. As spirits on this plane impersonate they may sometimes bring an obsessing force to the medium which will cause her to become irritable and nervous.

The spirits on this plane are clothed in red blended with green.

### 5 : III

#### MENTAL OF FORCE AND POWER

Here we find mental force and power. This plane deals with material and earthly conditions; with the acquisition of wealth and power. It is on this plane that we begin to put into action that which the mind thinks. In other words, it is on this plane that we begin to apply our reason to help solve our problems. This is the plane of deceit. Eight-tenths of the people of the world dwell on this plane, a few rise above this plane on Sundays. All "Society" dwells here. These people, such as salesmen, real estate dealers, actors, poets, etc., are extremely talkative; they can imagine anything. They also want you to accept that which they have to give you and not dare to doubt their word; for example men of the military, medical, legal and other professions, auctioneers, etc., in fact any person that uses force of argument (mind) to win his point. These people on 5 : III always try to awaken fear in the mind of their opponent. This is usually done by some deceitful means. They try to give the impression to their listeners that they want them to know that they speak with authority. Here too, we find ministers

who believe that which they teach to be true. The majority of novels are written on this plane.

The imaginative children that always have a story to tell and those who always lie out of everything dwell here. Instead of punishing the child, reason with it. For the more you punish it, the more it will seek to evade punishment by lying. The best way to deal with such a child is to ignore its story until it can rise to the next plane where it can tell the truth.

Whenever a spirit comes to you and brags about what knowledge he possesses, what marvelous things he will teach you and also brags that he is from the fifth plane; classify him as from the plane of 5:III. He will not teach you anything wonderful but merely makes the deceitful statement in order to cause you to think what a wonderful spirit he must be. These spirits frequently claim to be very ancient, 4000 to 5000 years in the spirit world, to have much wisdom or to be some noted personage, such as Christ, George Washington, etc., and yet when put to the test they are invariably found to be bluffers. These spirits frequently assume the garb of some noted personage and try to deceive the medium. However, they cannot conceal their aura. Hence, always demand that they show you their aura before you accept their statements. If



their aura shows a predominance of red classify them as imposters.

The "controls" from this plane give advice in material things only. When they come from 3:5:III they are excellent business "controls" that is, they can accurately foretell any business condition such as gains or losses. These "controls" produce the higher forms of physical phenomena such as independent voices, music, etherealization, etc.

The spirits on this plane are clothed in red blended with blue.

## 6 : III

### SOUL OF FORCE AND POWER

While the people on this plane are full of fear, superstition, and reverence and must have some one of authority to look up to, they are very kind and sympathetic. Emotional religions and all emotional cults are found on this plane. Their adherents think that their way is the only way. They look on things as miracles and believe in signs. As these people believe themselves to be "saved" they set about seeking souls to "save." These people have visions and dreams and thus awaken their souls. Dreams are the soul's experiences. The distinction between a dream and a vision is this: in a dream the individual enters into the scene, he actually feels the sensation that he passes through; while in a vision he

merely sees the scene but does not enter into the condition and does not arouse any emotion.

On this plane the awakening of the soul takes place. This awakening causes the individual to seek things of a higher nature and to worship in various ways. It is on this plane that we find the different creeds and cults that worship in an emotional manner. The mode of worship depends upon the depth of reverence awakened in the souls of those who compose the particular religion or cult. Thus far, we have only awakened the religious feeling. The more intense the feeling, the deeper will be the religious devotion. The greater the faith, your own faith, in a Supreme Being, the greater will also be your faith in your fellow man. The more religious you are, the greater will be your confidence in your brother. To the extent that one adores the Higher Spirit to that extent is awakened in him the trust in humanity.

When faith is once broken in a person, it is hard to mend. A pitcher once broken may be mended, but it will always show where it was broken. You may treat your offended brother right, but the feeling will never be as before. Never act so that another may lose confidence in you.

The devotional spirits come to you from this plane, those who while on earth were very devotional, who desired the good and who had reverence

awakened in their souls. The more the soul is touched by the spirit of reverence the more easily can the higher teachers come. They do not teach you on the mental plane but on the soul plane. This is the plane of personal pride, where some "controls" act only in their vain glory. A "control" who is true and of the higher planes will never speak of the plane from which he comes and is eager only to aid mortals in his humble way, to teach them their lessons and come to labor for the good of humanity. Those who come from the third plane are very proud, they tell you from what high plane they come and what great personages they were while on earth. But the true teachers keep their own identity and plane secret; they may, however, tell you yourself and often only when demanded to tell, and then only once and no more. It is always well to place yourself on the sixth plane when you open a circle—open it with a fervent prayer—it will quiet the mind and shut out agitation.

The "controls" from this plane give no messages. They officiate at all ceremonies such as giving invocations, performing the marriage, burial and christening ceremonies.

The spirits on this plane are clothed in red blended with yellow.

## 7 : III

## SPIRITUAL OF FORCE AND POWER

The people on this plane have a sense of justice aroused in them. They will fight for a principle and defend it with their lives. These are the real patriots, loyal soldiers and friends.

On this plane you will find that your spirit is being awakened, that you are beginning to travel in the astral planes, (See "Meditation" and "Concentration") that your spirit is beginning to see for itself—beginning to gain knowledge from the realms of light, and is learning and trying to grasp and attain all. Here we behold wonderful sights and things in our dreams; the wonders of the outer world which are as real as this one. All this is experienced in the sleep state. If on awakening you remember, your mind has then received a few thrills, but you may or may not remember those experiences in your conscious waking state. But if by an effort of your will you determine to have it all remembered, then you arouse and awaken the mind to remember all that transpired. Remember, you are living two lives: during the day you live the objective, material life; during your sleep your spirit goes out of your body to enjoy life in the spirit world. Through your thoughts you have created pictures in your waking state, and you will meet

them face to face in the spirit realm when you enter there.

The "controls" that come to you from this plane are those that inspire you to be helpful, who entrance you for your own good as well as for the good of others. It is more of a prayerful state and one who dwells here can, in an intelligent manner produce many manifestations of the mental phases. From this plane come those who can especially produce independent voices.

The spirits on this plane are clothed in red blended with violet.

## 1 : IV

### BEING OF PSYCHIC OR SENSITIVE

Sensitiveness, kindness, lovingness and consideration for the feelings of others characterize the fourth plane. This plane pertains to the physical body. Here dwell very sensitive little children and people. When you meet a child on this plane it is generally called touchy and spoiled. It screams when even a member of the family touches it, the aunt, grandmother, or father. It screams because the magnetic vibrations of these individuals are lower than its own. It is hurt, therefore it cries. It is the only way that it can show its emotions. Let someone else have the babe and it will be happy, stop crying and perhaps go to sleep. It is because the babe and the



individual blend harmoniously in their vibrations. By inharmonious vibrations the child is truly injured and the same is true of grown-up people. They cannot tell why they feel good or bad in the company of certain people. You say, "I don't like certain persons although they may be perfect ladies or gentlemen, good entertainers—they are all right—but somehow or other I don't like to sit near certain people in church or in the theater; it makes me feel so uncomfortable that I am forced to move away." This is due to the fact that these people are on a lower plane of magnetical vibrations and they take from you your vital energy. Everyone has had this experience. When "controls" come from this plane they intensify this condition and make the medium feel at times as though he were actually tortured. Sometimes a whole meeting may be disturbed and broken up and the medium be unable to do the work. Other sensitives in the circle will feel the condition intensely.

When still in the cradle the sensitive children of the fourth plane become clairvoyant. The babe is seen to smile and appear as if it saw some one although there is no one near it. As the child reaches the age of two to three years it will have spirit playmates as real to it as its other playmates. It is for this reason that these children delight in being alone—not alone in the house but off to one side to

themselves. These children should not be scolded for imagining things; for what they see is actually there. After the child reaches the age of seven it loses its clairvoyance because the continual scolding that it has received for imagining things causes it to keep what it sees to itself. If the clairvoyant faculty of these children is encouraged they become wonderful mediums when they reach maturity. When these children become ill nothing restores them to health quicker than magnetic treatments and loving care. Medicine does not seem to aid them.

When the body is weak from sickness or fasting the individual becomes sensitive. While in this sensitive state the individual becomes open to the power of suggestion. Be careful of what you say to a sick person for he may live out a positive thought. This is illustrated in the case of those people who become changed in character or habits after an illness. This change, for better or worse, was caused by the reception of a positive thought while the individual was in the sensitive condition. Therefore one should be careful of whom he has as a nurse. In treating a child or person that is on IV refined methods should be used; rough methods injure them. It is for this reason that a III healer cannot heal a IV person; instead of healing them he injures them. A live pet such as a dog should be provided for the children of IV as they draw to

themselves much magnetism from the animal. This magnetism strengthens the over sensitive children and causes them to become more harmonious within themselves and thus ward off minor illnesses.

Many "controls" come from the fourth plane. These "controls" are sensitive and gentle; they never dictate, never impose anything unpleasant and are at all times considerate of people's feelings. Their messages are always clothed in polite and kind language. For example, if the "control" should see that some loved one would pass out in a short time, he would not say, "Your brother will die in three weeks," instead, he would say, "We see that your brother will unfold spiritually in a short time. He will be able to see and talk with his spirit friends, in fact, they will be more real to him than his earthly friends." The first message would cause its recipient to feel sad and depressed; the second message would give the recipient hope and enable him to enjoy the company of his brother for the three weeks that he had yet to remain on earth. After the transition of the brother the person would recall the words that their brother would "see and talk with his spirit friends and they would appear more real to him than his earthly friends." This would cause the bereaved one to be reconciled, for he would say, "It was not an accident, I could not hold him; his spirit friends were waiting for him.

For if they had not expected his transition they would not have told me of it." Thus do the "controls" from IV clothe even sad news in a kind and pleasant form.

The spirits on this plane are clothed in green blended with brown.

## 2 : IV

### CREATIVE OF PSYCHIC OR SENSITIVE

People on this plane are artistic in nature. They are sensitive to music, colors and odors. In other words, these people like soft soothing music, harmonious colors and delicate perfumes. When ill these people can be healed by means of music and color vibrations.

This is the plane of autosuggestion. Here the individual heals himself by suggesting to his own soul. By this means he awakens the creative forces of his being to cure his affliction. The inner vibration of the "will to live" is aroused; not the soul creative force. Since it is possible to awaken the creative force in our being through autosuggestion, it is just as true that we arouse the destructive force of our being through fear. We intensify our weaknesses by constant repetition of our maladies to others—by suggesting the weakness to ourselves. This is the reason that sensitive people, mostly women, have so many seeming ailments. In time



this constant repetition of their seeming weakness causes it to become a fixed condition in their bodies. Thus many chronic diseases are formed by auto-suggestion.

As there are many instantaneous healings performed on this plane try to raise your vibrations to this plane when receiving a treatment. This is accomplished by entering into a prayerful attitude of mind and desiring to enter the higher healing vibrations. Unless you hold a thought for healing you will not reach this plane. When you have reached this plane it will seem that all sounds are intensified about ten fold and that your body is swaying. Do not become alarmed. Direct the healing force to the weakened part of your body and it will be instantaneously healed. If you experience a warm glow and see a purple light, it is an indication that you are healed. (See the "Silence.")

One does not always succeed in reaching this plane of healing as it is the hardest of all the healing planes to enter upon. Frequently when you are trying to enter upon this plane you come in contact with your "controls" who awaken your inner soul force which then heals your body. When you give an absent treatment you rise to this plane. If you reach the patient, he will feel a warm glow and be healed instantaneously. It is not necessary that the patient know that he is being healed. By



this means you can heal at night, visit hospitals, friends and also heal in the spirit world. The sick spirits of the spirit world are those who are not awakened to the fact that they have passed out or those who imagine that they still possess the same malady that they had while on earth. These spirits are taken to hospitals where they are awakened. All of the Divine healing of the various cults is performed on this plane. On this plane it is possible to leave your body and entrance another person the same as any other spirit. For you are as much a spirit now as you ever will be. The only requirement being that both parties must rise to this plane.

On account of their extreme sensitiveness, the healers on this plane must have the faith that they can accomplish a cure before they can heal. These healers draw upon the physical magnetism and the spirit forces of an audience. This combined power is limitless. Remember that you may be enabled to enter other planes of healing and not this one. For in order to attain to this plane of healing or to do much with the mental phases of mediumship you must refrain from eating flesh or other food that requires several hours to digest and instead eat quantities of raw food and fresh fruit. In other words the healer on this plane must be at least a vegetarian if not a fruitarian.

The "controls" from this plane make use of

the power of suggestion in their healing. They give accurate diagnosis.

The spirits on this plane are clothed in green blended with purple.

### 3 : IV

#### FORCE AND POWER OF PSYCHIC OR SENSITIVE

The selfish and sensitive children and people are on this plane. These individuals cannot joke. They get cross easily; always grumbling about the conditions which other people bring into their lives; delight in saying things which hurt and are quick to take offense and retaliate at the slightest provocation. In fact, these people are always looking for trouble. The selfish sensitive mediums who demand much for themselves dwell here. These mediums must have certain conditions, which they think ideal, before they can work. However, if this force is wisely directed it results in a beautiful form of mediumship—the gentle, sensitive mediums who are at the same time positive in their statements. These mediums give clear convincing descriptions of the departed together with their names in a positive yet gentle manner. Telepathy, thought transference, impressional speaking, and those phases of physical mediumship which can be produced in the light are found on this plane.

The “controls” from this plane give accurate

messages in a positive but gentle manner. They do not care for anything of a coarse nature.

The spirits on this plane are clothed in green blended with red.

#### 4 : IV

#### PSYCHIC OR SENSITIVE OF PSYCHIC OR SENSITIVE

Here the most sensitive people of all the planes are found. In the earthly sense these people are easily hurt, have a feeling of self pity, are very touchy and always get the wrong meaning out of things. In fact, they are easily played upon by their surroundings and the forces that draw near to them. These people are excellent actors, artists, singers and musicians. They should assert their own will and not allow themselves to be swayed by other people. In order to quiet their nerves they should wear light green or blue. From the standpoint of mediumship this is the ideal plane to work from as it is the sensitive plane of the sensitive plane. On this plane mediums need not be afraid to leave themselves open to any force that might manifest itself, for fear that they might become obsessed, because the character of the IV spirit is gentleness, kindness and no thought of harm. (In order to be obsessed you must step down to III.) As the individual becomes extremely sensitive while on this plane it is unpleasant to dwell here and be forced to contact

the world. For this reason it is best to either step up to 5:IV or down to 3:IV after you have performed your psychic work. Impressions, thought transference, clairvoyance and clairsensuousness are manifested on this plane.

The "controls" from this plane give clear cut messages but in a very pleasing gentle manner. They will give nothing of a sensational nature.

The spirits on this plane are clothed in pure green.

## 5 : IV

### MENTAL OF PSYCHIC OR SENSITIVE

Sensitiveness tempered with reason is the dominant characteristic of this plane. The likes and dislikes of these people are very pronounced. They are quiet, gentle, intuitive, impressional, have visions and are the real father and mother. Their affection is not assumed; it is real. Although they do not like to be alone yet they are careful whom they choose as their companions. While neat in dress, they do not over dress. They like delicate colors, choice books and although they like a well set table they do not care for heavy foods. There are many writers on this plane. This plane commences the astral flights wherein the individual begins to use his reason while out of the body and directs himself to various schools of learning.

The "controls" from this plane have more than one medium through which they work. They are instructors and teachers along reasoning lines such as, science and philosophy. Their manner is very gentle. Their message is clothed in such simple language that even the simplest mind can readily grasp it. This is the real prophetic plane. The "controls" prophesy in a general sense. That is they would not tell the individual when he would sell his property, for in order to do that the "controls" would have to step down to 5:III; instead the "control" would tell the individual the general outlook of his life in such a manner that others might profit from it. The messages from this plane assume a spiritual nature. All earthly conditions are dropped.

The spirits on this plane are clothed in green blended with blue.

## 6 : IV

### SOUL OF PSYCHIC OR SENSITIVE

People on this plane live their religion—a truly devotional religion. They love to say their prayers because they like to enter into the vibration which their attitude of prayer brings to them. One enters this vibration whenever he feels his prayers. These people have a deep sense of love and justice. They are not dominated by the fear of wrong doing; they



do right because it is right. Their life is a life of service. They find great happiness in serving others. They labor for the upliftment of humanity; not for self glory. They always try to help those who have less than themselves. When these people are hurt they shed no tears for their injury is one that words cannot express; it is beyond emotion. All true religious organizations have their inception on this plane. Inspiration, or the awakening of the soul of the individual to the soul of the inspirer is manifested on this plane.

The "controls" from this plane are reverential. They have a true spiritual message to bring to humanity. Instead of arousing emotion, they touch deeply the love nature and affection of the individual. Their prayer is offered in such a manner that they touch the soul of their hearers.

The spirits on this plane are clothed in green blended with yellow.

## 7 : IV

### SPIRITUAL OF PSYCHIC OR SENSITIVE

The true awakening of the spirit on the sensitive plane. These are the people who "receive religion," the real true spiritual leaders or ministers who feel that God has called them. When these people talk their entire audience feels their address. To do good is the only aim in the life of the people

on this plane. Only ministers or religious teachers could constantly dwell on this plane. These people travel on the astral and derive part of their education on the spirit side of life. The visions that these people see are frequently brought into objective reality. Their visions would not be of a manufacturing enterprise or anything by which they would make a sum of money but would have the thought of the benefit to others derived from united effort, such as the organization of an orphanage, or a home for the aged. Some people reach this plane but once in their lifetime and then only through religious emotion, fasting, or sickness. Those who have reached this plane through sickness have a changed personality; they see good in everything.

The "controls" from this plane do not deal with the issues of the day. They are very devout. Instead of condemning, they point out the beauty of a particular religion. In fact, they try to awaken the spirit of the individual to the beauty of all things that surround him.

The spirits on this plane are clothed in green blended with violet.

## 1 : V

### BEING OF MENTAL

This plane deals with the activity of the human mind on its highest plane. These people are made

sensitive by education. They are the real lady and gentleman. Their minds feel embarrassed or hurt if the actions of another individual are not right. This injury is to the mind and not to the soul. They like cleanliness, harmonious colors and surroundings for their homes.

As these people become sensitive by reading it is easily seen that they should be careful of the character of the books which they read. For example, if they should read books of crime and while in their negative state receive a strong suggestion they would be apt to commit a crime. On the other hand they can lift themselves to great accomplishments in education, music and art by the use of books. These people become convinced of spiritualism by reading about it.

Frequently one picks up a book and as he finds that it does not appeal to him lays it aside. A few weeks or months later he will pick up the same book and find that it is the best book that he ever read. The cause of this is that the individual in the first case was not on the same plane as the author was when he wrote the book. In order to get the most out of a book one must place himself on the same plane that the author was when the book was written.

The "controls" from this plane are scientific and exact in their messages. They impress the medi-

um with that which would be helpful in upbuilding the body, such as the proper foods and exercises. They also aid the invention of labor saving devices and mechanisms that deal with the production of food and food products.

The spirits on this plane are clothed in blue blended with brown.

## 2 : V

### CREATIVE OF MENTAL

This is the realm of suggestion and the healing of the mind. In the fifth division of the second plane we found it necessary to advise you to be careful of how you spoke to your patient; but here we speak not of mental healing, but of healing of the mind. Here is where obsessions and cases of insanity are treated. Here are also found those people who can best remove obsessions through positive assertions, who try to reach the will of the individual that is mentally submerged in the mental swamp of another's will, be he in the body or out of the body. To reach the individual, the healer must arouse the will on this plane.

People on this plane are born physicians and nurses, and those who have this power are born healers. They may know nothing about anatomy or disease but they know at once what to do for any case. Their very touch is soothing. Who has

not heard of our grandmothers who have been called to all the neighbors in case of sickness? Here we find those sympathetic individuals who can truly come to you and help you; who may only say, "I am so sorry," but these few words may do you a world of good. Just that touch of the hand, that tone of voice, means more than the individual that comes with many beautiful words. When people are able to do this, they are on the plane of five. The real healer, though sorrows, trials, and material losses oppress him, is always ready to heal through the harmonizing of self. Through this sympathy, helpfulness, and encouragement he wins the heart. Let us all strive to live the life of service to our fellow man. We can rise to this plane easily, if we will be but true friends in time of need. For this is what is meant by, "A friend in need, is a friend indeed." All people, no matter in what walks of life we find them, are God's children; your brothers and sisters; and creed and race and color have nothing to do with your duty towards them; all are one in spirit.

Here we can also send our thoughts to individuals. On this plane we can come to the individual in thought and can dominate his will; as in hypnotism, we can make him do as we bid him. It is, however, not advisable to make use of this plane too freely.

Here we find people who reason a great deal,



who desire more knowledge along the lines of healing and of the power of mind. It is the plane of the scientists; of the men who desire to delve into the secrets of the spirit, of what controls health. They may not be healers and mediums but they desire to know.

The "controls" from this plane are scientific in nature. They are exact in their diagnosis and messages. They come to the medium without a thought or desire of rewards, without any idea of praise for self, but with the thought of the good that they can do to humanity. They act as teachers to the spirits on 5:IV, 5:III and 5:II.

The spirits on this plane are clothed in blue blended with purple.

### 3 : V

#### FORCE AND POWER OF MENTAL

This plane brings forth the power of the mind. On the lower plane we find those individuals that are very dominant in nature, those who try to rule and be at the head of things—those who do not always gain their point in a friendly manner but through sheer force and power of mind. They want people to look up to them. They try to manifest their superiority through every movement of their body and especially through their commanding voice. But the silent leader is one who in truth and

honor is the best leader; and the best leader is the best follower. Many people aspire to leadership who are not at all fitted for it; while they who are most fitted never have a desire for it. It is those people who desire to excel and who are not fit who generally get what they want. Through the strength of their mind, they get what they want by just or unjust means—they get it anyway. They do it in a very polished way but always through the force of mind. Here we find the politicians, the smooth talkers of a political trend of mind; you find them in the church; anywhere people are assembled, where somebody is going to get the honors. They are the ones who are always ready to tear down anything in order to obtain their coveted place. Everyone knows them and has met them. Why are they doing this? They down another in order to rise on him. It is better that the office is seeking the man, than the man seeking the office. One who fights for the place seldom makes good. He who tries to serve the people will do his very best, and when the term is ended can gladly look upon a term well spent. But the one who buys his vote says, "I will show you what I will do. You must do as I ask you to do." A dominant nature will never do its best. "You have put me here and I am going to do my best to serve you," says the one who looks upon his position as one of trust.

On the higher plane we find attorneys and speakers along any subject of a reformatory nature that would benefit humanity, such as, prohibition, Red Cross work, etc. These individuals appeal to the mind in such a refined yet forceful way that they carry their audience with them. These people would give the last they have for the cause they love—the true philanthropists. While they work with a forceful power that sweeps aside all opposition, it is not with the thought of greed or selfishness but for the upliftment of humanity. These people make excellent judges as they carefully weigh their decisions and their dominant will prevents their being swayed by emotion.

The “controls” from this plane are speakers who teach the upliftment of humanity. They never censure but try to elevate the mind. They are gentle in their criticism. Reform in all things that would benefit mankind is the message that they bring.

The spirits of this plane are clothed in blue blended with deep pink.

#### 4 : V

#### PSYCHIC OR SENSITIVE OF MENTAL

This plane intensifies the sensitiveness of the individual. Those who are on this plane are so sensitive that they sense and feel the effect of every vibration. Impressional mediums and also psycho-

metrists dwell on this plane. This extreme sensitiveness causes the medium to be susceptible to the thoughts of mortals as well as spirits and it is sometimes difficult for them to distinguish between the two. Artists and decorators and in fact anyone who is dealing with the combination of colors are found on this plane. When these people travel on the astral they rise above the earth conditions and proceed to the higher planes where they enjoy the most heavenly glories and see the world as it really is.

The "controls" from this plane are gentle in manner. They use good language and bring a message of love and cheer—a purely spiritual message to brighten the pathway of those they love.

The spirits on this plane are clothed in blue blended with green.

## 5 : V

### MENTAL OF MENTAL

This is the highest plane on which a mortal can live. The few people that dwell here are well versed in the Divine Law such as, adepts, masters, wonderful seers, philosophers, etc.—those to whom the power of the mind and spirit holds no mysteries. These people are so near to the astral planes that they spend much of their time traveling on the astral. To them the astral world is as familiar as the material world and it is sometimes difficult for them

to tell whether they are on the earth or in the astral realms. They have mastered the state of "Concentration" and they give forth to mankind the teachings which they have received in the astral schools.

The "controls" from this plane are those of oratory and profound thinking, of men whose minds have been perfected, who have delved into philosophy and studied the various sciences while on earth. This is the highest plane from which spirit can come to contact mortals. These spirits use either impression or entrancement to give their message.

The spirits on this plane are clothed in pure blue.

## 6 : V

### SOUL OF MENTAL

As we cannot enter onto this plane and the following planes while still in a physical body our knowledge about them is received through messengers who carry the information from the higher intelligences down to mortals. Our knowledge of these planes may be likened to that of a school boy in Grammar School whose teacher has told him of High School and College. He may receive the general information of the subjects taught in High School and College but his mind is not sufficiently developed to comprehend them. For example, the teacher may tell the boy who is studying arithmetic



of the wonders and limitless possibilities of "The Calculus," but the mind of the boy would not be sufficiently developed to grasp even the fundamental principles of differentiation and integration.

While no mortal can dwell on this plane it is possible for a person who dwells on 5:V to rise to this plane for a few moments while in an attitude of prayer. When traveling on the astral the person who dwells on 5:V frequently visits 6:V, where he receives teachings which he can remember and bring into objective reality.

This is a plane of worship, adoration, reverence and prayer, where the soul is awakened into activity. Here you do not stoop to the contemptible things of the lower astral planes. You learn to strengthen the weak, to overcome the unpleasant things of life and hurt no man. Here you truly love everyone and are ready to follow the command of the Master, "Love ye one another." The soul qualities which are awakened while on the astral intensify every mental faculty within you when you return to your body and thus alters your daily life. It brings out the soul part of yourself, not its lower animal nature. Here you are truly loving which causes you to live the very highest life that you can live. You do not stoop to that which provokes fears and quarrels; but you come to people with the thoughts of peace and harmony, with faith unto that great power

which is greater than yourself, with a knowledge that all is good and that everything comes from God. This is what it means to be one with God. Our astral experiences on this plane enable us to see the real benefit of prayer and devotion. Always have, then, that prayerful attitude awakened within your soul. Manifest the true and the good and try to live it, because within your own soul you feel the throbbing of Deity; you feel that no man can dispossess you of your treasure. This is the plane where the martyrs dwell who laid down their lives for what they thought was right, who endured tortures and even death because to them that which they had seen on the astral was a truth that even the tortures of the physical body could not dislodge. Rather than part with the truth they parted with their bodies.

It is your astral experiences which have shown you the possibilities of the soul's attainment which enables you on your return to the body to overcome all the petty annoyances of life; you will consider them only as child's play and you will not be affected by them. Some may say unkind things to you of another but you will extol their good traits; you will see only the good in everyone. It is on this plane that true love is born; souls that blend find each other. This is a love most beautiful which nothing on earth can crush, because it is born of the soul.

Here, too, the truest friendships arise, true love of one for another, that springs from the soul and not from the body. This love will endure as long as the soul exists.

There are no "controls" from this plane and the ones beyond. The teachers on this plane send their religious teachings by means of messengers to the medium.

The spirits on this plane are clothed in blue blended with yellow.

## 7 : V

### SPIRITUAL OF MENTAL

But few mortals have ever reached 7:V while traveling on the astral. This plane marks the limit of the astral planes—beyond here is the "spirit world" proper to which no one while connected with a physical body can enter. The knowledge received beyond this plane comes through messengers. The individual does not rise to the plane of the messengers; they descend to the plane of the individual. On this plane the spirit of the individual receives the highest teachings that man can grasp while on earth.

The teachers on this plane instruct the "controls" of 7:IV and 7:III. Their teaching is of a purely spiritual nature.

The spirits on this plane are clothed in blue blended with violet.

## 1 : VI

### BEING OF SOUL

This is the soul plane; the first plane of the "spirit world" proper. While no mortal reaches this plane while still in the physical body, the spirits can descend to the lower planes and still can find minds that they can contact from the plane of five. Not being able to reach the lower planes themselves, they can send their messengers who bring the message from the masters to the lower planes. Here we deal wholly with spirits and conditions as we find them in the "spirit world"—not the astral planes that surround the earth where the soul has not as yet overcome the mental emotions—but the "spirit world" where the soul functions. Here we find the elixir of life, like a feeling of heaven. Here the body of the spirit is builded; here it draws to itself strength and power. Every spirit on the plane of VI must contact this plane at sometime during its resting time.

The message that comes from 1:VI deals with the upbuilding of the body. While the central thought of the message remains the same, that is, the upbuilding of the body, its character changes as it is brought down from plane to plane. On 1:V hy-

giene, or the intelligent upbuilding of the body; on 1:IV physical culture, or the upbuilding of the body through graceful movements; on 1:III athletics, or the upbuilding of the body through force; on 1:II the upbuilding of the weakened body through the healing force.

The spirits on this plane are clothed in lemon yellow blended with a dove colored brown.

## 2 : VI

### CREATIVE OF SOUL

On this plane the creative power of the soul generates the healing force that is utilized in all forms of healing of the physical body. This force is transmitted by means of messengers to the healers on the various planes below. Frequently the healer of 2:VI causes his messengers on 2:V to assume the form of the mortal healer so that the patient might know from whom the healing force was directed. It is sometimes necessary to use more than one messenger to transmit the force. The final messenger is the healing "control" of the medium. Whenever the soul of the patient is touched by the soul vibrations of the messenger which have been vitalized by the soul vibrations of the mortal healer, instantaneous healing takes place. This is the form of instantaneous healing that is used to heal at a distance and also to heal from the astral planes. (Contrast this



form of instantaneous healing with the healing mentioned on pages 25 and 123.)

Schools of healing where instruction are given in the utilization of the healing power are located on this plane. The spirits that dwell here act as instructors to the healing "controls" and send their messengers to bring advanced forms of healing to earth.

The spirits on this plane are clothed in lemon yellow blended with light purple.

### 3 : VI

#### FORCE AND POWER OF SOUL

This plane deals with the force of soul, not of mind or body. When messengers from this plane come in contact with the individual they illumine him with a Divine light. Those present are instantly aware that a spirit with a higher intelligence than their own is speaking through the medium and that what it has to give is of the highest order. Clairvoyants can see this radiant light enveloping the medium. This sometimes assumes the form of a golden halo. These messengers can only contact the individuals who dwell on the plane of five. They bring a religious teaching that is filled with the power of the soul.

The spirits of this plane are clothed in lemon yellow blended with pink.

## 4 : VI

## SENSITIVE OR PSYCHIC OF SOUL

This is the plane of soul sensitivity; the plane of inspiration. The spirits who can foretell the future dwell here. They do not foretell personal events but events of national importance. These spirits deal with the records of past and future events. They can send their messengers down to 6:V who will reproduce for the individual that which they desire to show to him. These records are then passed down to 6:IV, 6:III and 6:II. The records change in character as they are handed down from plane to plane, that is, they deal with events as they affect the individual more than as they affect the nation. We have a similar change in the character of the records as they are kept on earth. For example, let us take the character of George Washington as it is taught in College history, High School history, and in Grammar School history. In College history the student learns of Washington as a national character; in High School history the student learns of the trials that Washington encountered in freeing his country; the cherry tree episode is mentioned to develop his character; in Grammar School history the cherry tree episode is placed in the foreground.

In order to predict the future the "control" rises to the sixth sub plane of the plane of which

he dwells and consults the records on this plane. The "control" rises or descends to the various planes depending upon the nature of the information that he desires. The "control" rises or descends to 6:II to predict the bodily condition or physical health of the individual; to 6:III to predict business and all earthly conditions surrounding the individual or locality; to 6:IV to predict the phase of mediumship for which an individual is fitted and for all spiritual conditions; to 6:V to predict the mental conditions and the vocation for which the individual is best fitted. Those "controls" in the "band" of a medium who are on the third subdivision of a plane such as 3:5:III are able to rise to the plane above them to receive the message from the next higher plane. (See page 91.)

The spirits on this plane are clothed in lemon yellow blended with light green.

## 5 : VI

### MENTAL OF SOUL

Here we find the students of the spirit side of life, teachers who are only messengers, who are sent to earth from still higher teachers. For spirits on this plane do not return to the earth plane personally but only contact it through messengers. The message that these messengers bring is one that deals with the unfoldment of the mind; of the

awakening of the inner mental faculties and of reform of a national character. When this message reaches 5:V it deals with the liberation from mental bondage; the separation of Church from State; on 5:IV it deals with the liberation of the individual from fear; the establishment of confidence with the individual; and on 5:III it deals with the overcoming of superstition, the awakening of the mind educationally causing the individual to study out things.

The spirits on this plane are clothed in lemon yellow blended with a sky blue.

## 6 : VI

### SOUL OF SOUL

Here souls, of whom none can return to earth, dwell in their purity. They do not come to you as "controls" and teachers, but communicate their messages to you through messengers. They have passed through all the vibrations of the earth planes; they have learned all the lessons of the lower schools and return to earth no more. They are entering into the higher "spirit world," the heaven of heavens. Here is where we find the true enfoldment of the soul, the true manifestation of the Christ life in the "spirit world."

The message that comes from this plane is of a purely religious nature—the teaching of brotherly

love—of a Christ like life, etc. These spirits received this message from those on 6:VII and are passing it down to the planes below.

The spirits on this plane are clothed in a light yellow that almost merges into white.

## 7 : VI

### SPIRITUAL OF SOUL

The awakening of the soul of man in the spiritual realms. The spirits on this plane have lost all desire to visit the earth. These spirits cannot lower their vibrations to yours, nor can you raise your vibrations as high as theirs, because of lower in-harmonies, hence their message must be delivered through messengers. This message quickens and awakens the spirit within the individual. It is of a purely spiritual nature and deals with the conditions in the "spirit world." This message is received inspirationally, that is, the spirit of the individual is touched by the spirit of the inspirer.

The spirits on this plane are clothed in pale yellow blended with light violet.

## VII

### SPIRITUAL

We have spoken of the plane of the spirit in all of the six planes preceeding this one. There are



many living on earth who can and do manifest on this plane in a religious way; who live the life of truth and gain mastery over the mental emotions and the conditions of the body. All can reach that plane of the spirit itself. You will all live on this plane in time while you are still in the vibrations of this planet earth. I mean those coarser vibrations that surround the earth, not those outer planes that deal with the highest developed souls that are beyond our own planet. Your own earth is surrounded by a spirit sphere, and whenever people have progressed through these planes, which may be likened to the primary classes in schools, the individual is ready to enter upon another plane of activity from which they can never return to earth. They never return to take on another physical body, but they go on still higher in growth, ready to teach others.

## 1 : VII

### BEING OF SPIRITUAL

From this plane emanatè the life force that permeates all things on earth; that manifests itself in all things that are upon your planet, and it is merely a manifestation of that great life that radiates upon your own planet. The beings that inhabit this plane are those who have overcome the second

death that is spoken of in the Bible; who have raised their own spirit selves, and who are now spirits clothed in the radiance of spirit.

The spirits on this plane are clothed in violet blended with a buff color.

## 2 : VII

### CREATIVE OF SPIRITUAL

Just as 2:VI was found to be the origin of the healing force that is used to heal the physical body through its creative powers so 2:VII is the source of the healing force that is used to heal the spirit. This force is always transmitted through messengers to heal or harmonize the troubled spirit of the individual. This force is mostly used to heal in the "spirit world." (See page 151.) When used on earth it is used to remove obsessions. The spirits who dwell here are the master physicians who transmit their knowledge and power of healing through messengers to the planes below.

The spirits on this plane are clothed in violet blended with lavender.

## 3 : VII

### FORCE AND POWER OF SPIRITUAL

The student will recall that 3:I deals with the force that is used to upbuild the body; that 3:II deals with the force that is used to heal the body;

that 3:III deals with the force and power of the body; that 3:IV deals with the sensitive force; that 3:V deals with the force of the mind; and that 3:VI deals with the force of the soul. In like manner 3:VII deals with the force of the spirit or that power which intensifies or quickens the spirit of the individual on the plane on which he may be manifesting. This power is transmitted by means of messengers along the seventh sub-division of each plane. For example on 7:V the spirit of the individual is quickened in a universal sense so that it may reach out and gain the ultimate in astral experiences; on 7:IV the spirit of the individual is quickened to seek true religion and its inner sensitiveness causes the individual to be unselfish, loving and kind; on 7:III the spirit of the individual is quickened to seek religion and to assume authority in a spiritual way, that is, to become a leader of a religious organization; on 7:II the spirit of the individual is quickened to harmonize the body.

The spirits on this plane are clothed in violet blended with a delicate pink.

#### 4 : VII

##### PSYCHIC OR SENSITIVE OF SPIRITUAL

On this plane we find the sensitiveness of spirit, the source of inspiration. Inspiration is the quickening of the spirit of the individual by the spirit of the

inspirer on the sensitive plane. This is not a trance state. The individual is fully conscious. On 4:V the inspiration is of an intellectual nature, such as received by philosophers and spiritual leaders; on 4:IV the inspiration is one of beauty, art, poetry, music, in fact, all those things that manifest themselves in a harmonious, gentle, loving way; on 4:III the inspiration is of a national character, where force is used to deal with large organizations of people, such as armies and navies; on 4:II the inspiration is received by physicians, surgeons and healers of all descriptions causing them to establish hospitals and sanitariums.

The spirits on this plane are clothed in light violet blended with pale green.

## 5:VII

### MENTAL OF SPIRITUAL

This plane is the source of intellectual inspiration. On 5:V this inspiration deals with the philosophy of life; on 5:IV inspiration in a religious sense of gentleness and kindness, the formation of brotherhoods for the upliftment of humanity; on 5:III inspiration of an educational nature and on 5:II inspiration dealing with the healing of the body.

The spirits on this plane are clothed in light violet blended with pale blue.

## 6 : VII

## SOUL OF SPIRITUAL

Here we have the soul of inspiration. This inspiration is of a purely religious nature. On 6:V it assumes the form of an intellectual religion; on 6:IV it inspires a devotional religion; on 6:III it brings forth an emotional religion, causing people to feel saved and think that their way of salvation is the only way; on 6:II it inspires people to sacrifice all for the well being of humanity, the true healers that are inspired to do good.

The spirits on this plane are clothed in pale violet blended with pale yellow.

## 7 : VII

## SPIRITUAL OF SPIRITUAL

This is the spiritual plane of the spiritual plane. From your highest plane of earth comes the inflow of true spiritual power that permeates all degrees of the spiritual planes. Here the individual does not lose his individuality, but is going onward to higher planes. The mortal here leaves the highest of the earth planes and goes to the next planes, and from there on and on, higher and higher. This universe is but one of many universes and is called the physical universe. There are other universes of a still higher order than your universe, only they are of



a more refined and higher nature. There are mental and spiritual universes on the outside. What physical man on this planet can never find he will find when he reaches the seventh plane—when he reaches the spiritual vibration of the universe of this planet. Then only will man receive an idea of other universes outside of his own. This is a thought from the universal spirit, where man blends with the universality of the All, with that universal spirit that is within all and through all; the thought of Godhood. The thought of universality and Divinity comes from those teachers who can teach those beneath them and transmit their knowledge on the wings of aspiration. If you would learn your lesson and enter into that universal at-one-ment, then will you gain knowledge that you cannot gain in any other way. Then can you come in touch with the higher teachers without the intermediate messengers, who must be employed until men can reach their own mental plane.

Not to every mortal soul clothed in a body is given that sublime knowledge because they do not strive for the higher and better life, and are content with their contact with the things on earth. These will not let you rise to the higher degrees of inspiration. Become, then, wise on the spirit plane, nearer to the plane where men love one another and

make themselves fit for that universal vibration of life.

Let us strive to walk in the footsteps of the Master, seeing only the good in all souls, contacting not only with those that are beautiful and harmonious, but also our weaker brothers and sisters. Let us be strong enough to hold ourselves aloof from whatever causes unpleasantness in the world around us. Let us "Be in the world, but not of the world." Let us be in the midst of confusion without being confused. Let us strive to manifest our power every day for the good of all, and gain that inner illumination and spiritual knowledge that all souls are seeking and striving to teach to the children of men.

The spirits on this plane are clothed in a violet of such a light shade that it appears to be of pure white.





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